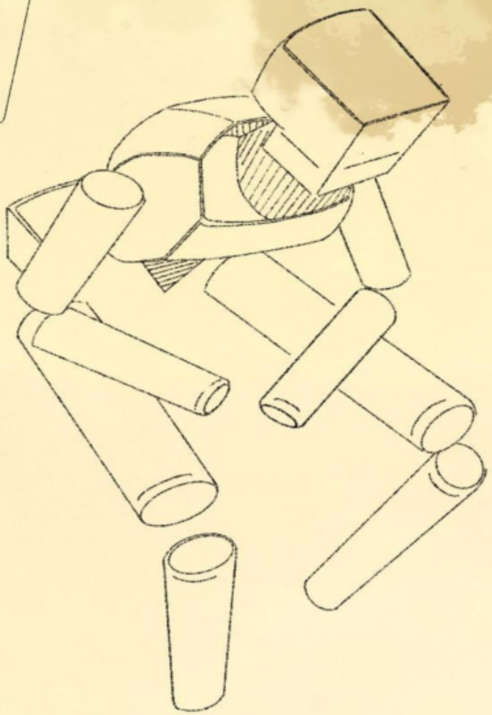
HOW TO DRAW POSES

VOL.1

CROQUIS

M.TORUS



How to Draw

POSES

VOL.1

CROQUIS

M.TORUS

Contents

Warm up TIME : ~20 seconds/pose

Pose1

Pose2

Pose3

Pose4

Pose5

Pose6

Pose7

Pose8

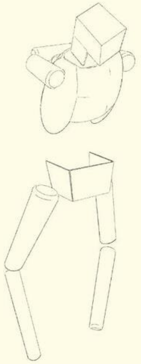
Pose9

Pose10

Pose11

Pose12

Pose1



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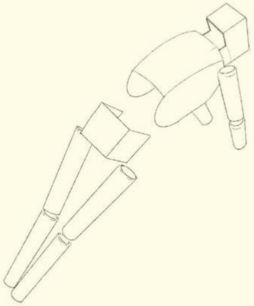

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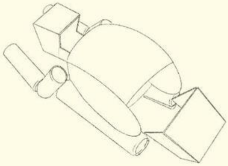
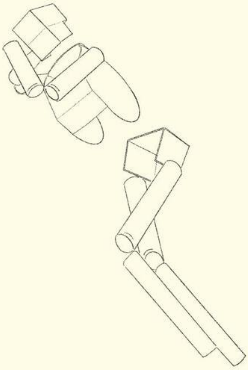
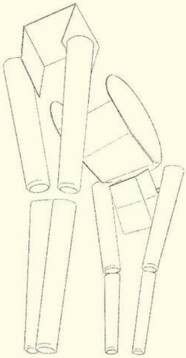


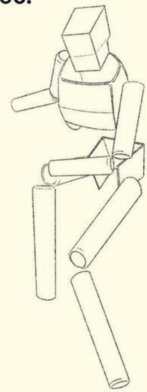


Pose4

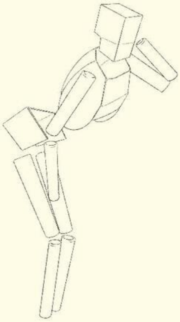


Pose5

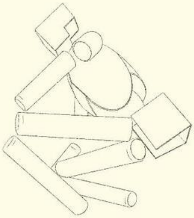
Pose6.

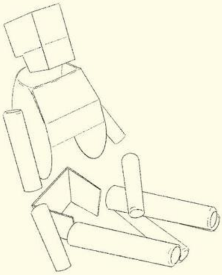


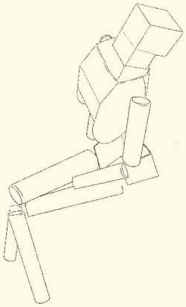
Pose7



Pose8

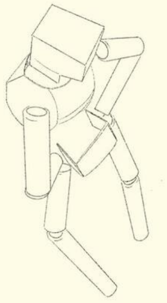






Pose9

Pose10



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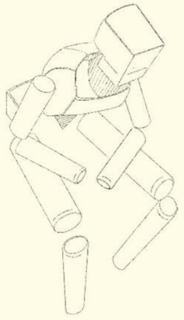
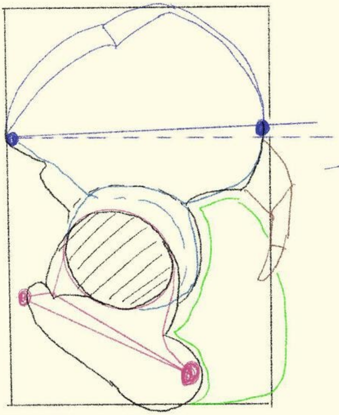
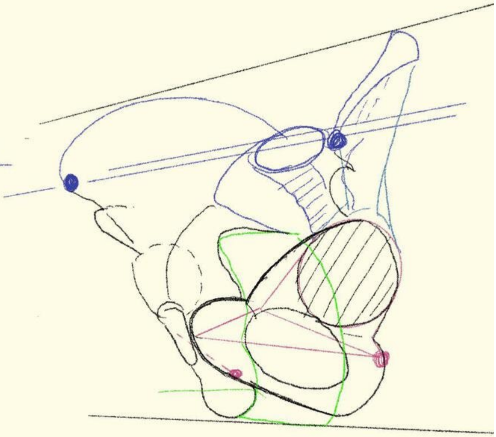
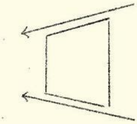
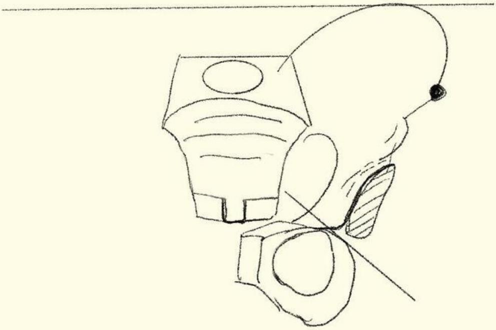


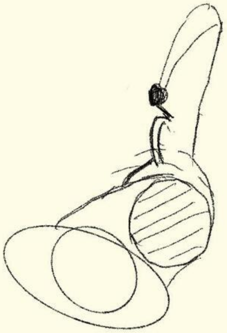
Pose12











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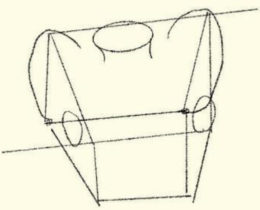
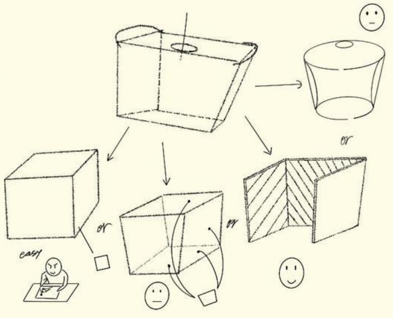
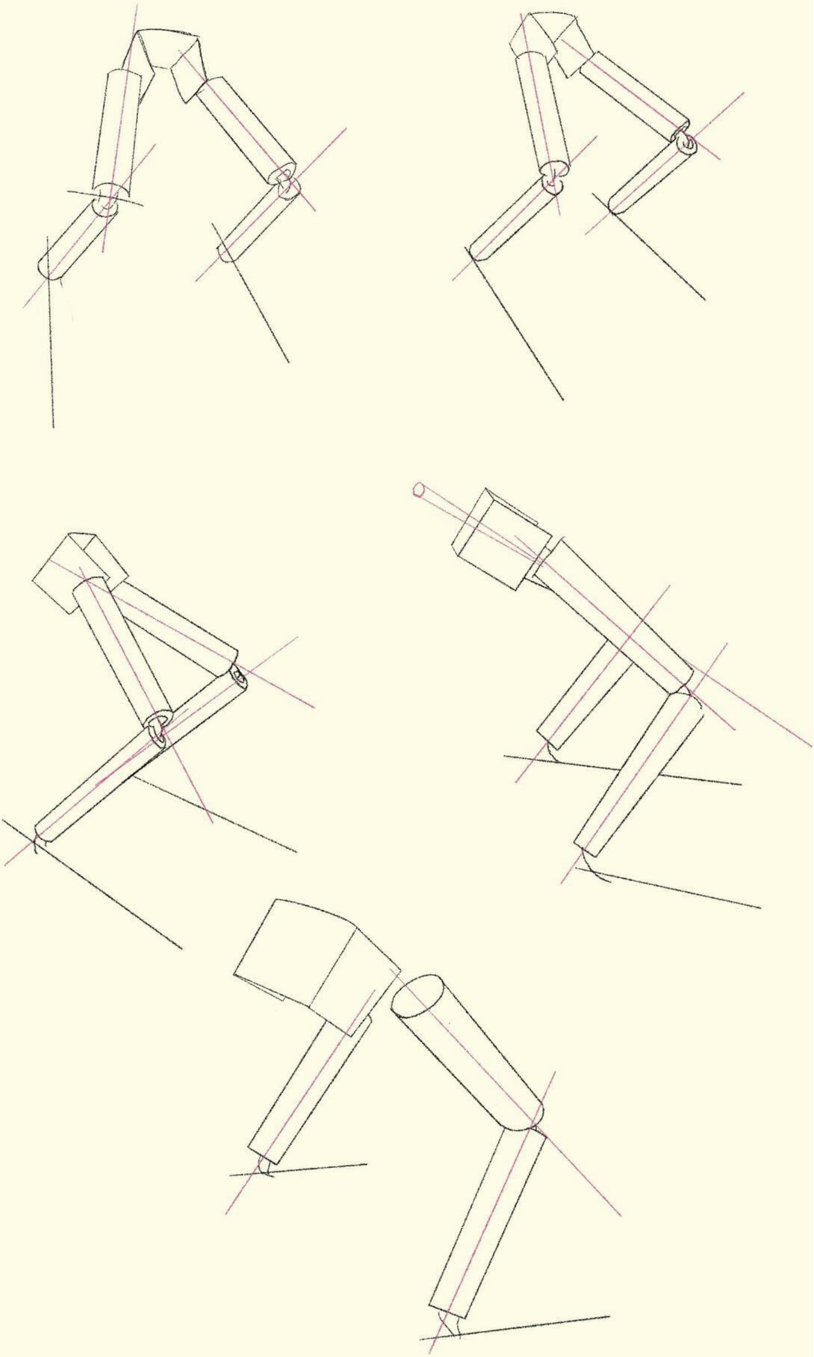
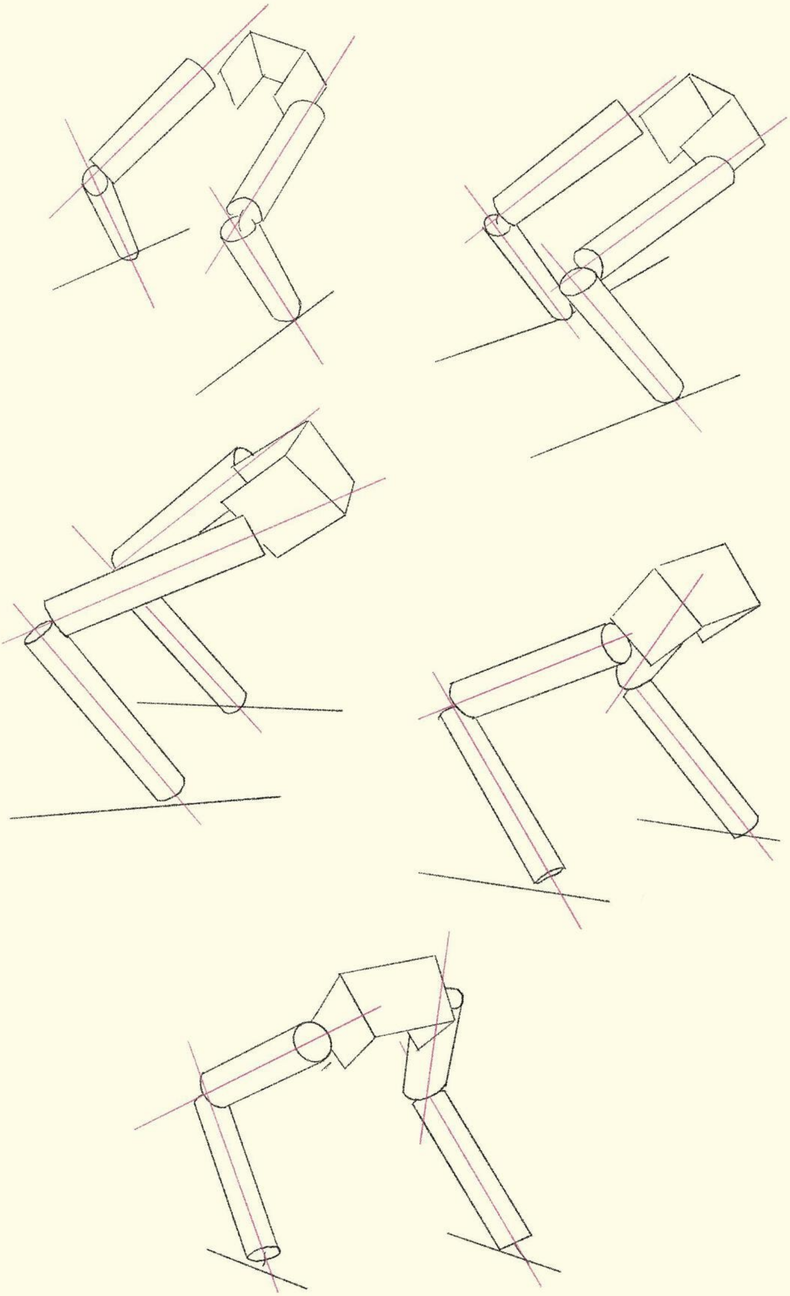
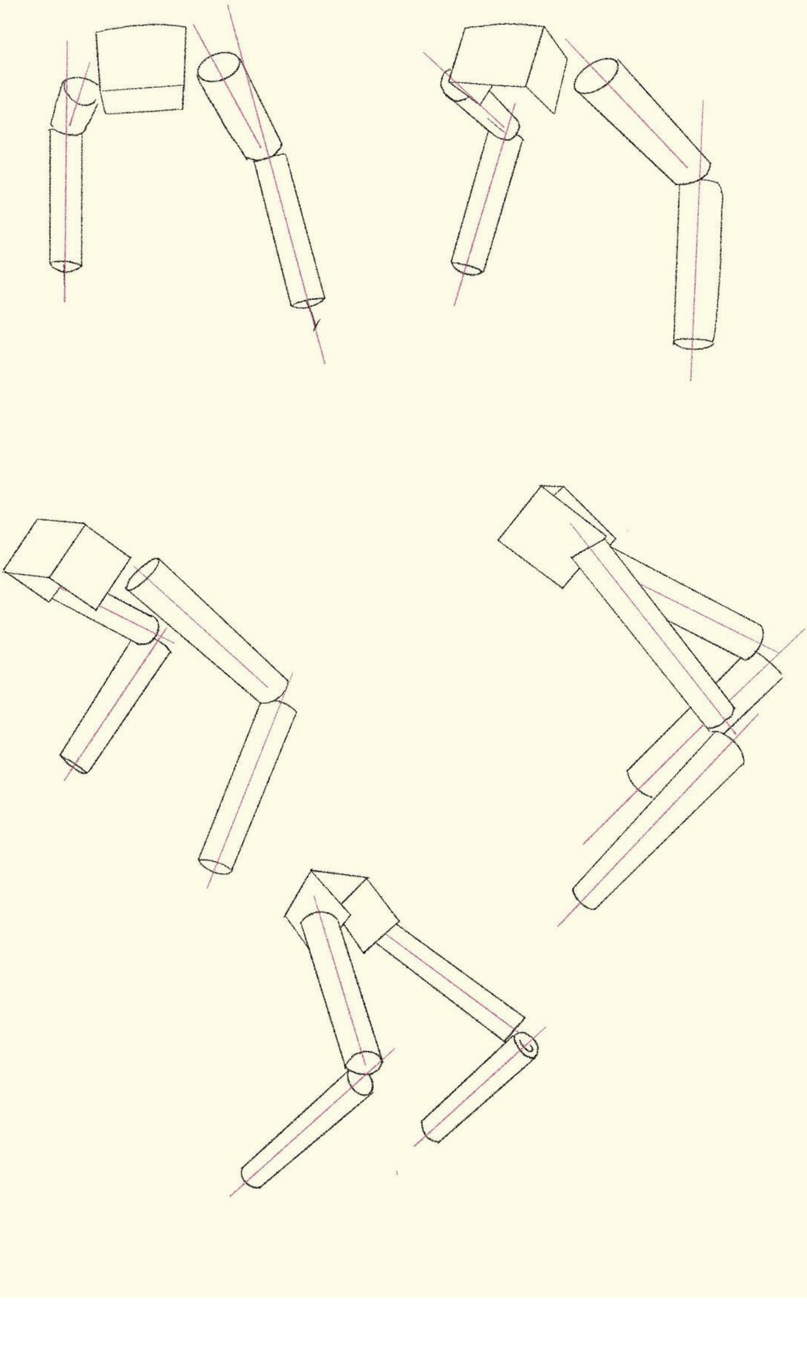


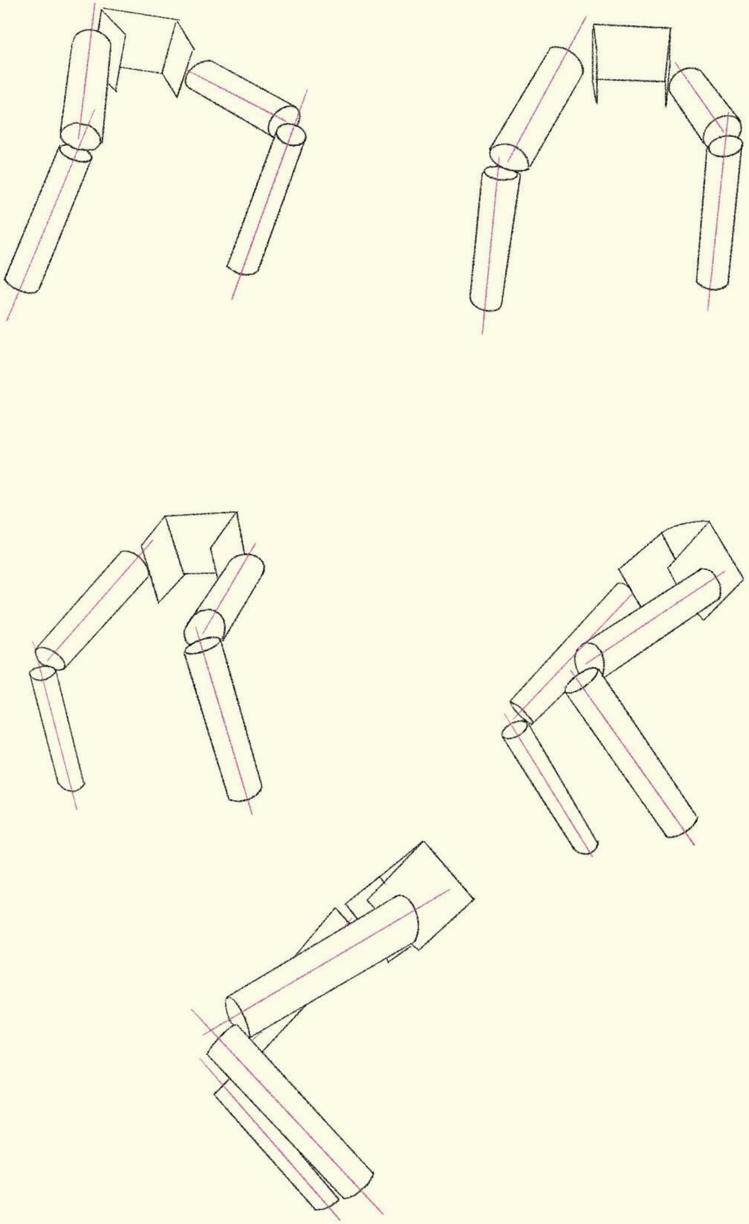


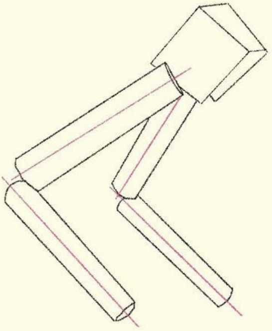
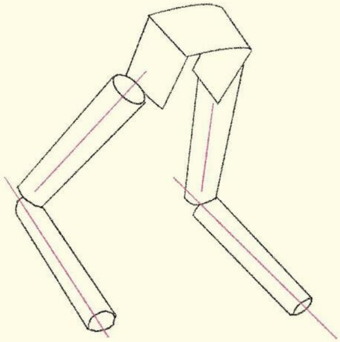
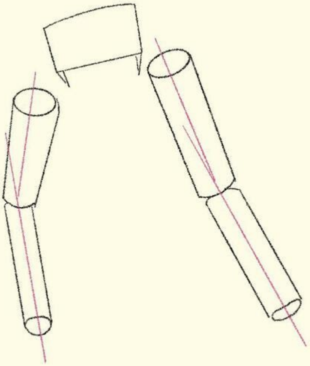
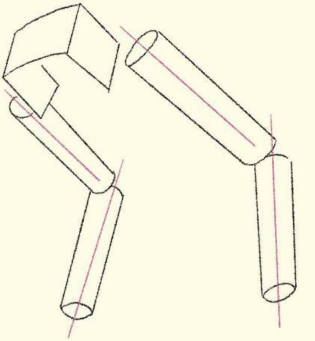
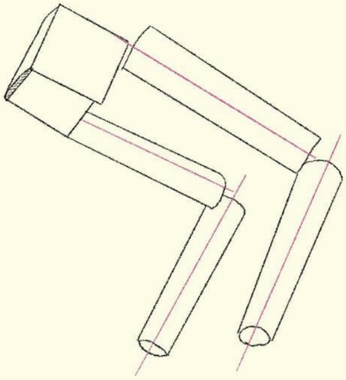
Warm up

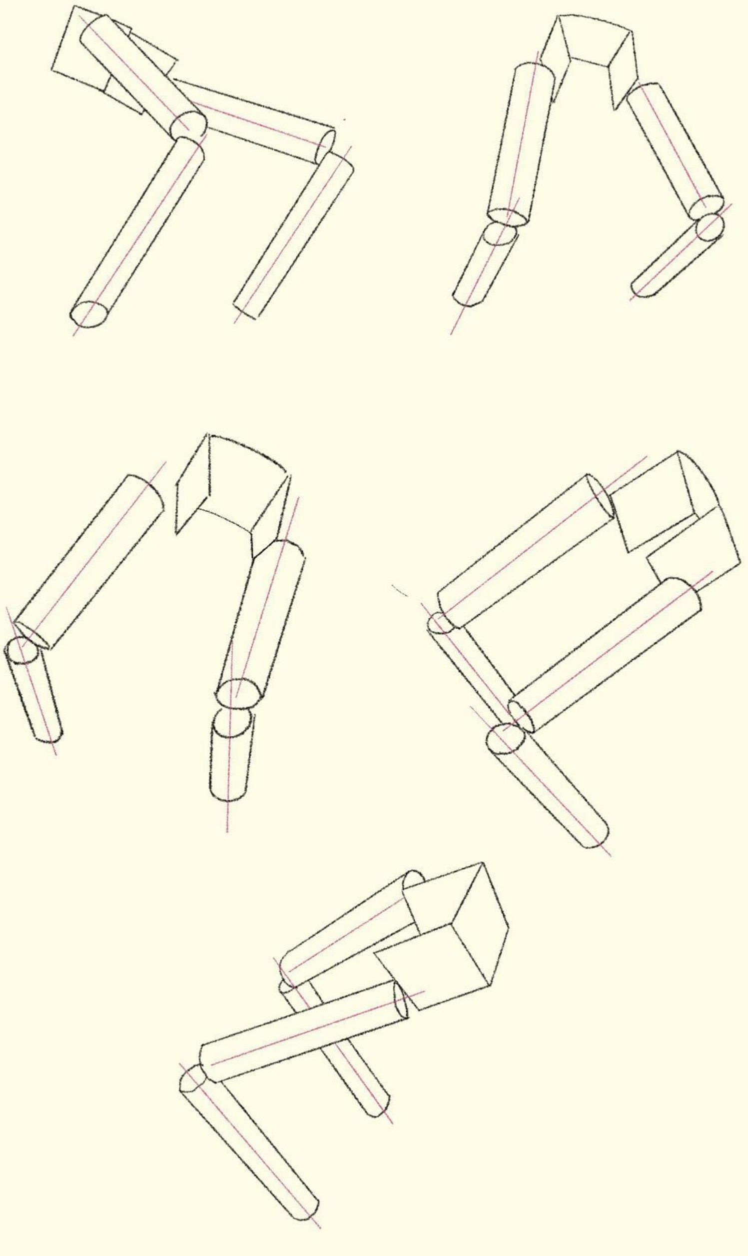


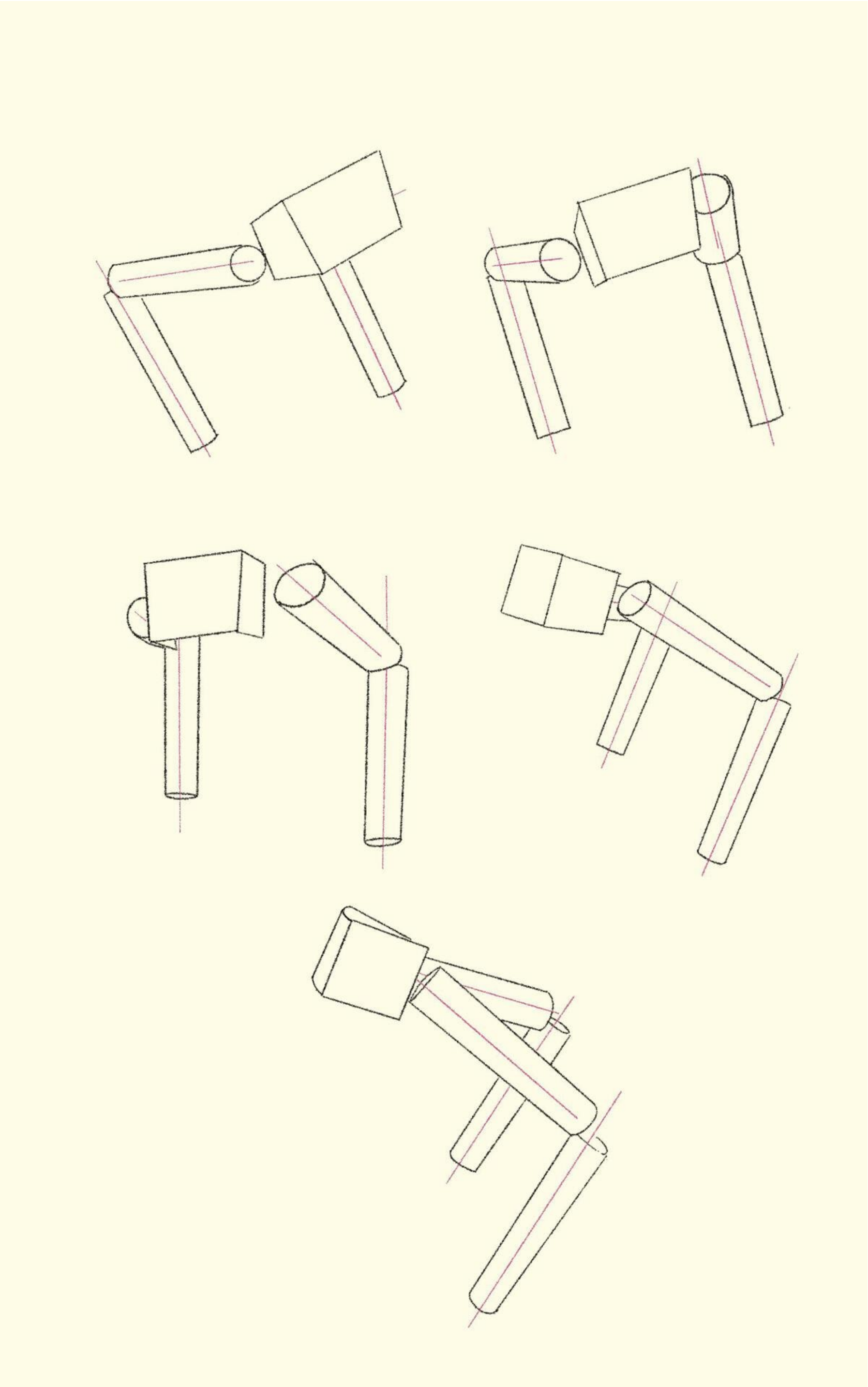


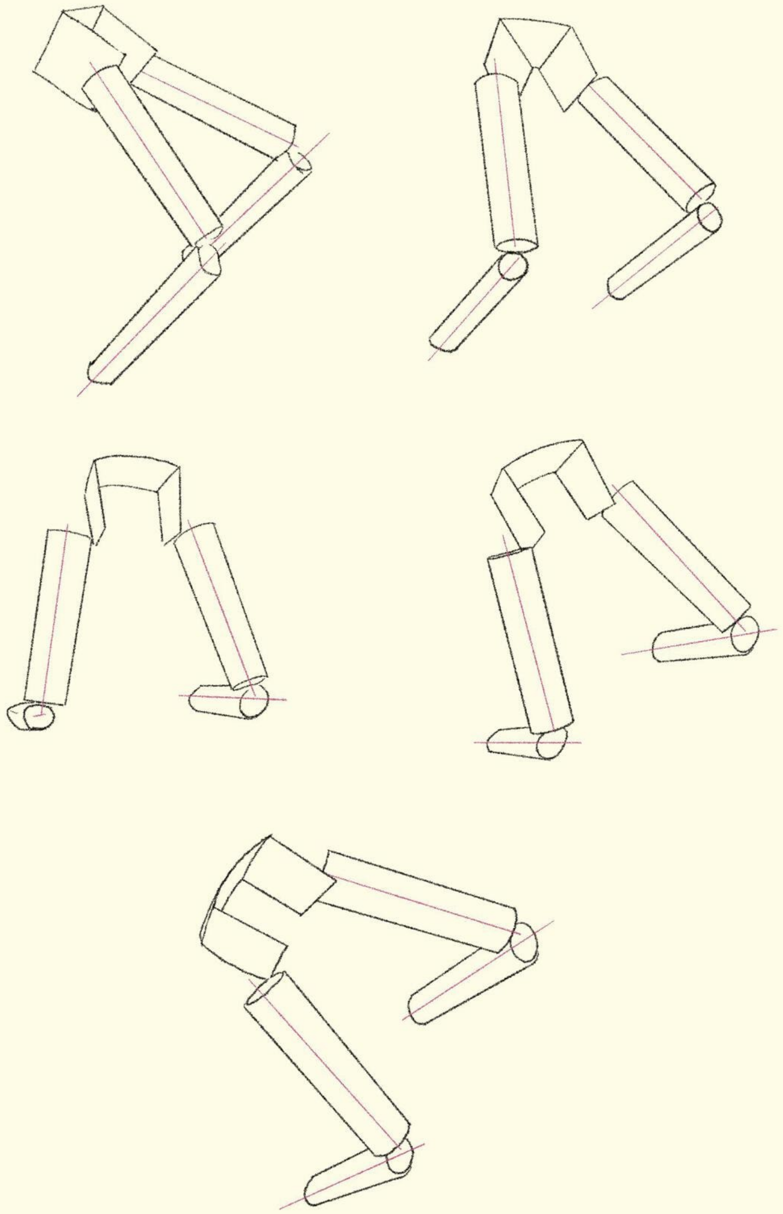


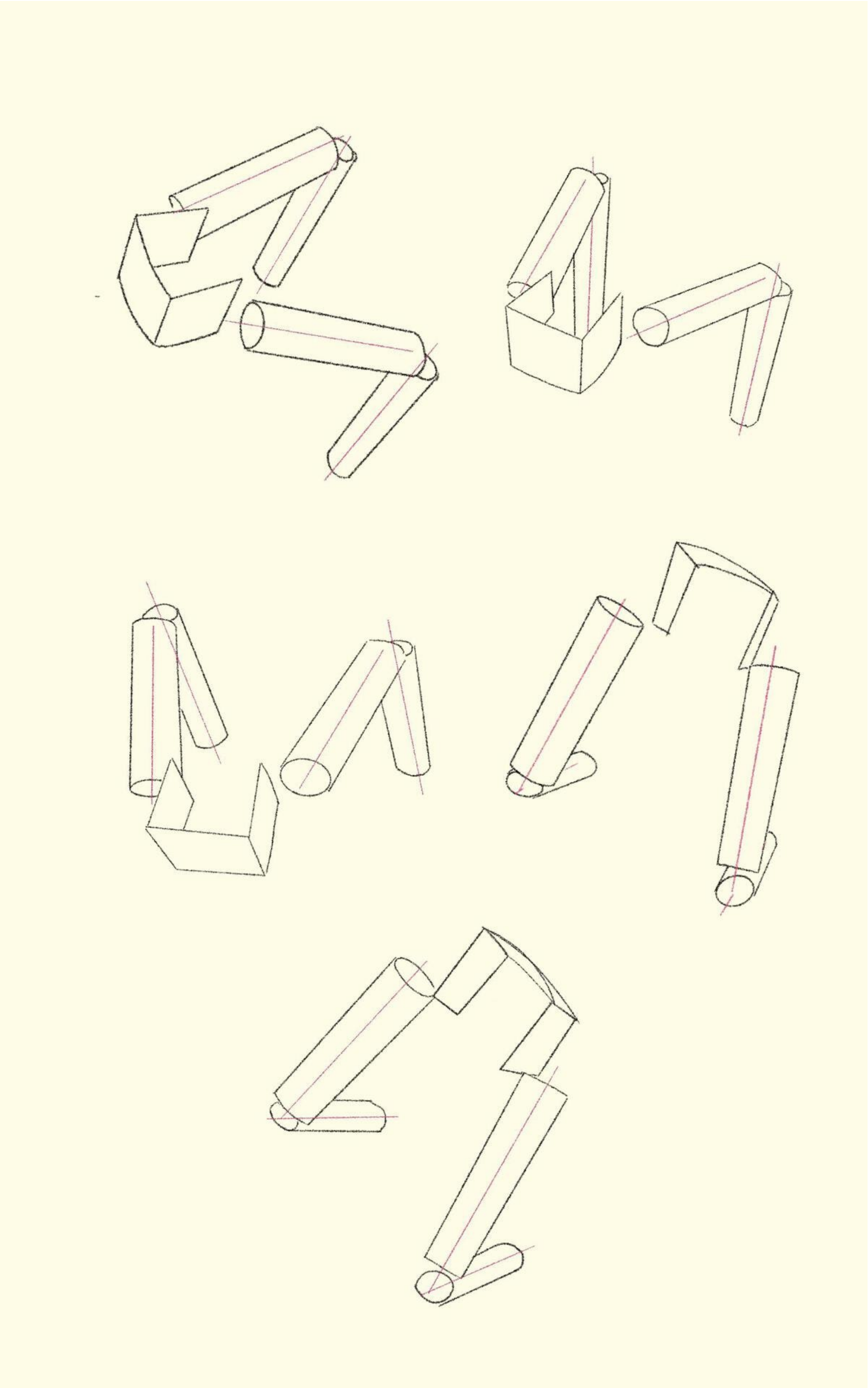


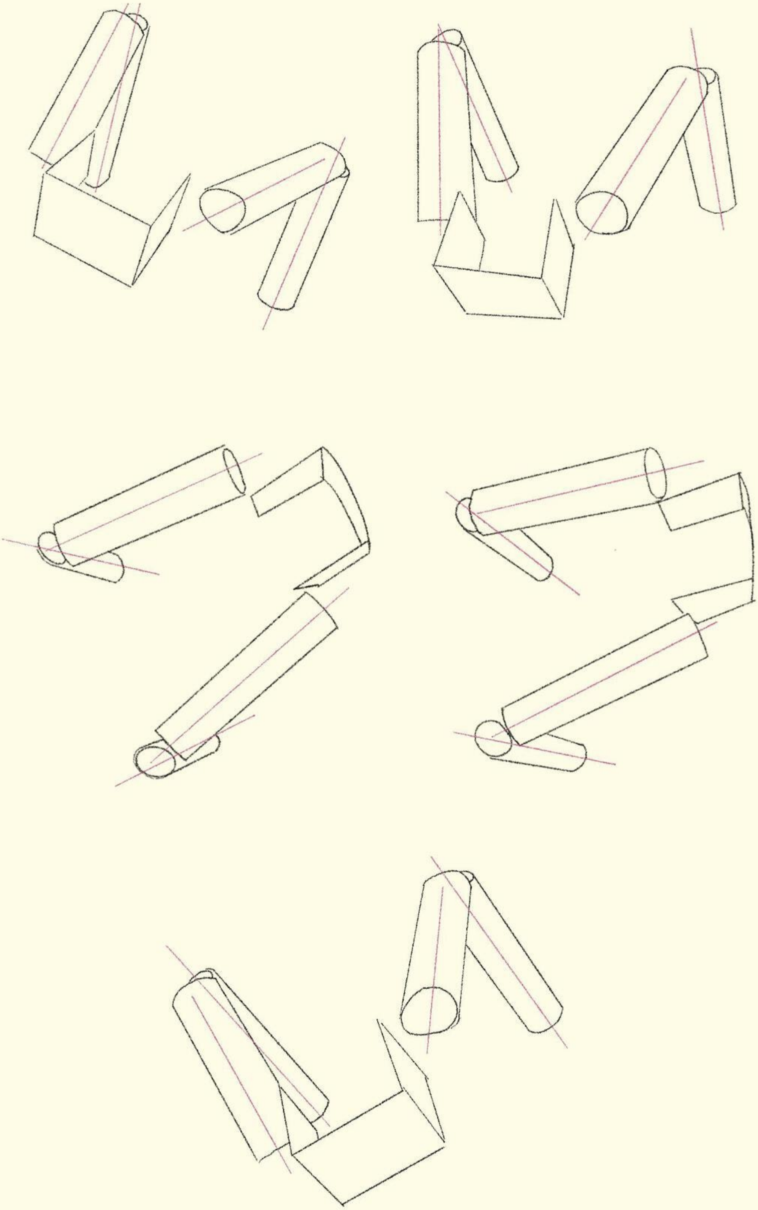






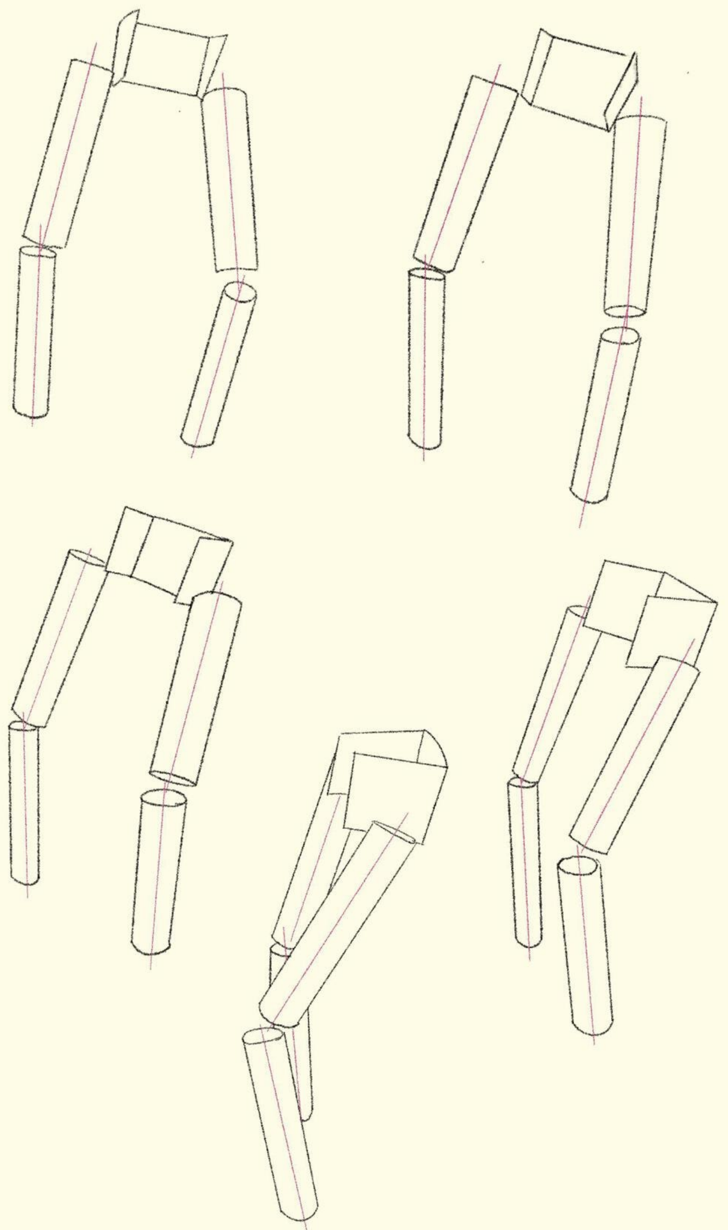


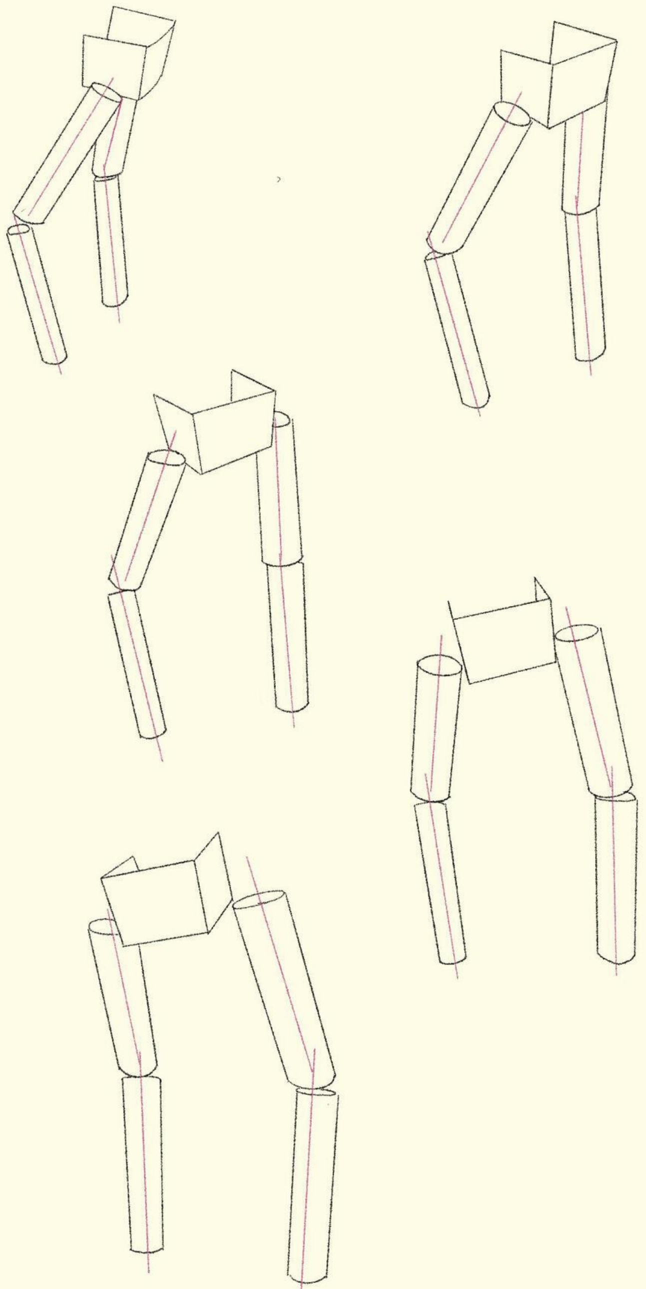


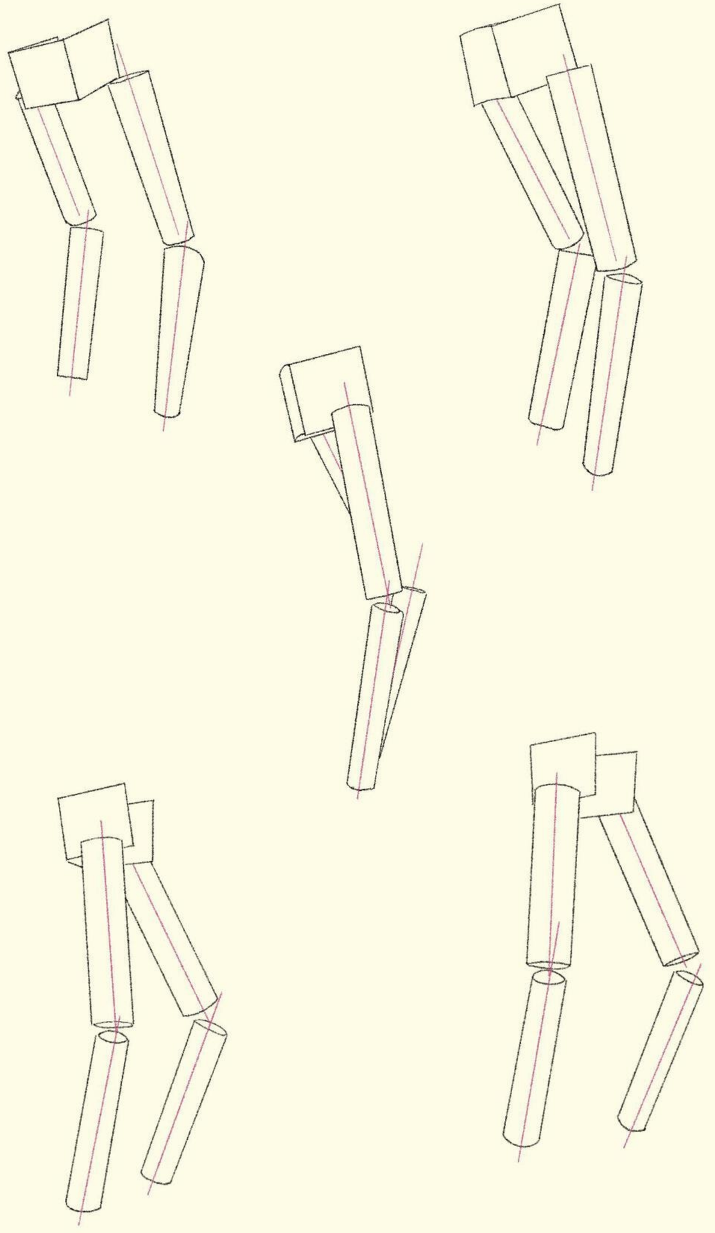


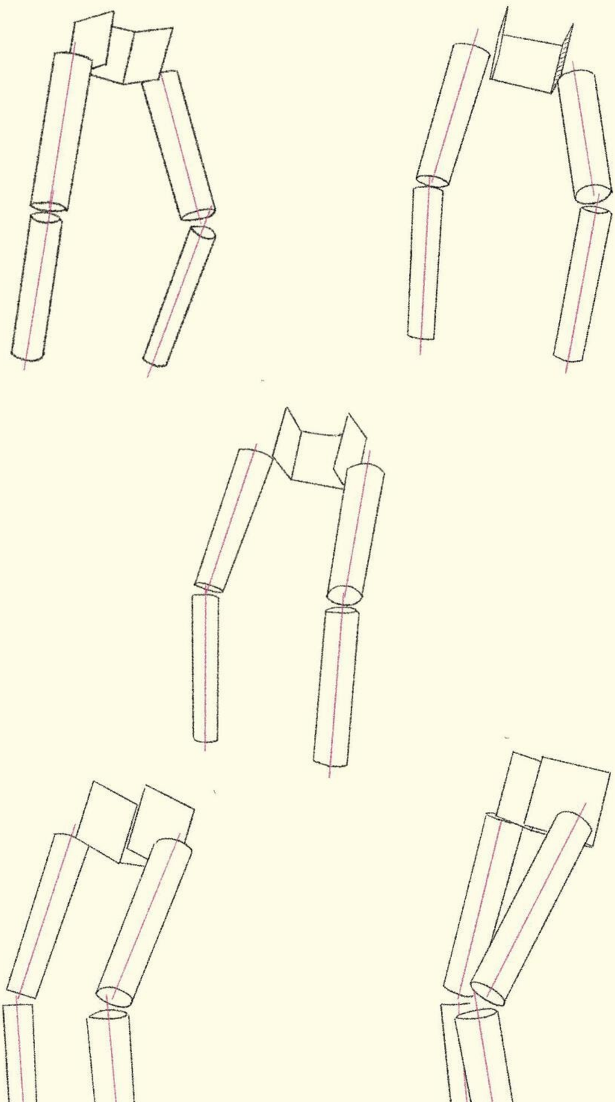


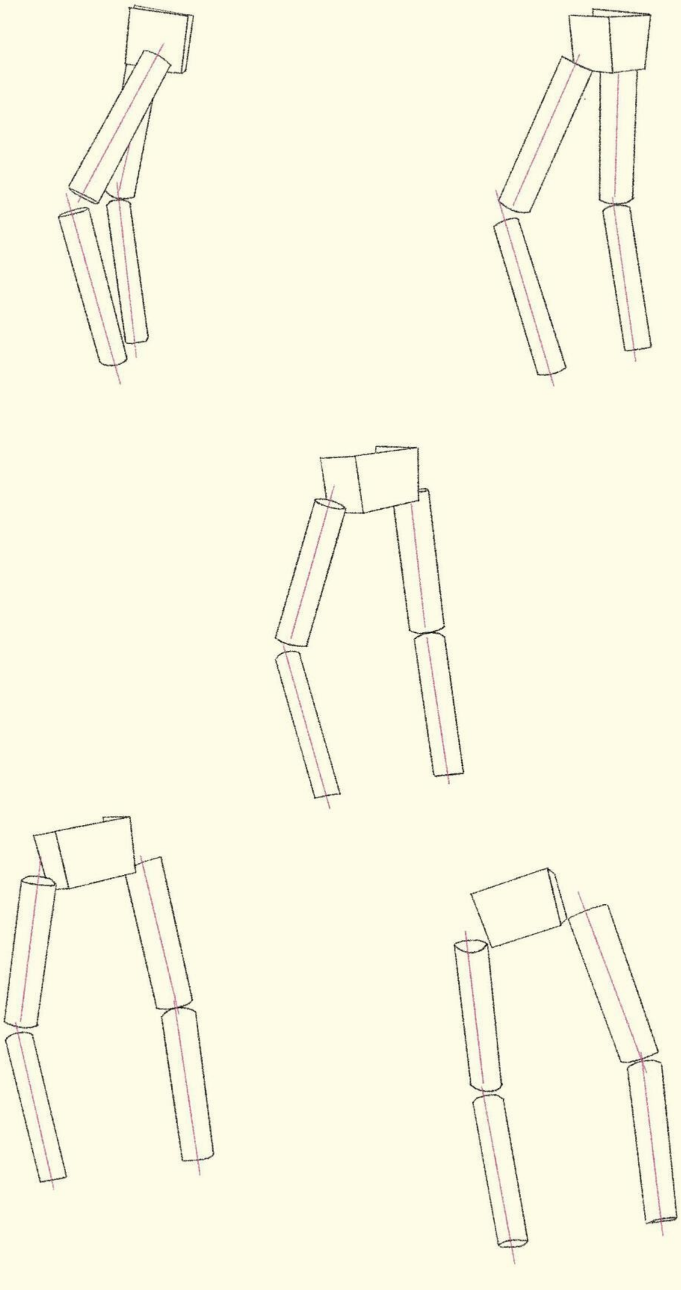


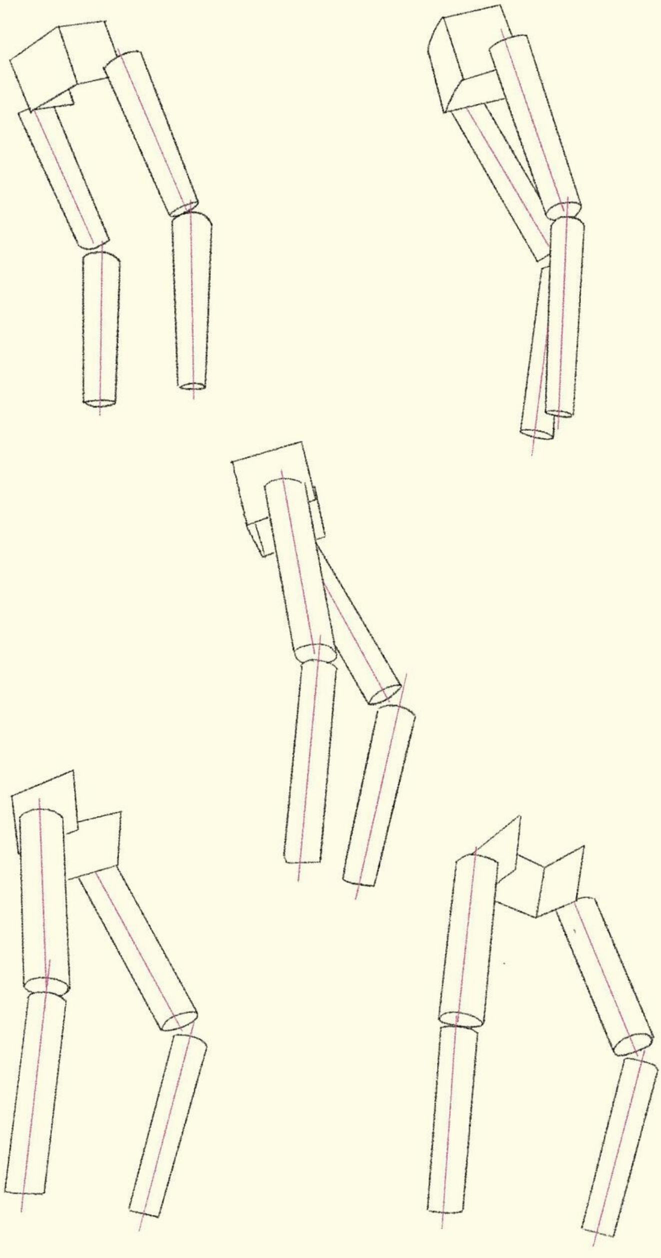


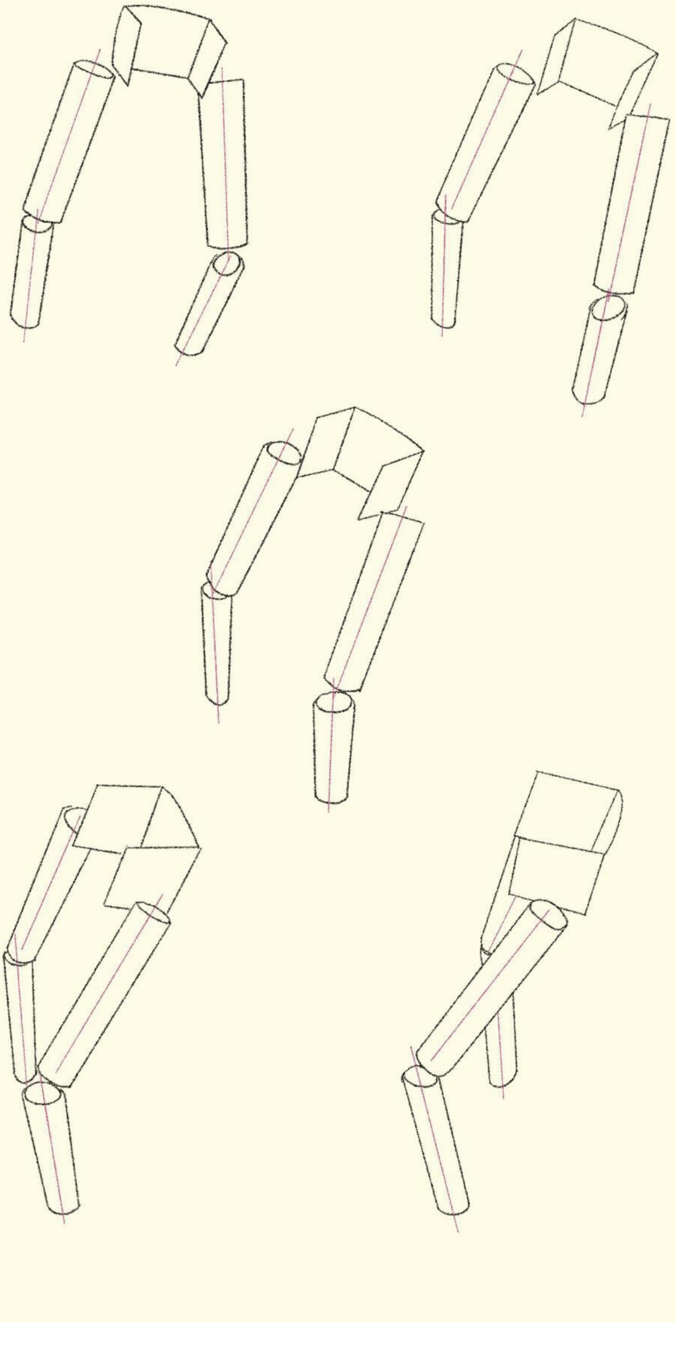


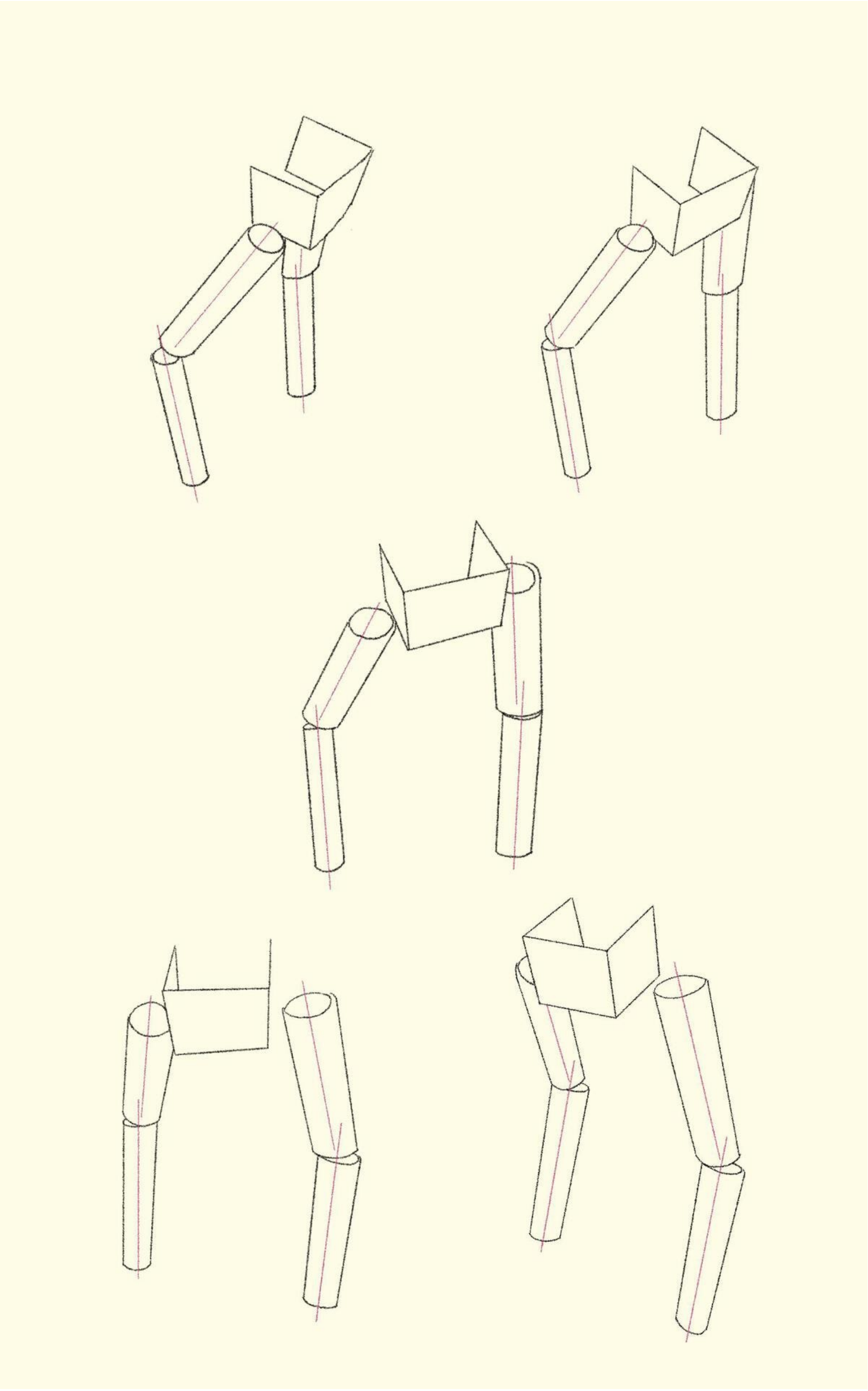


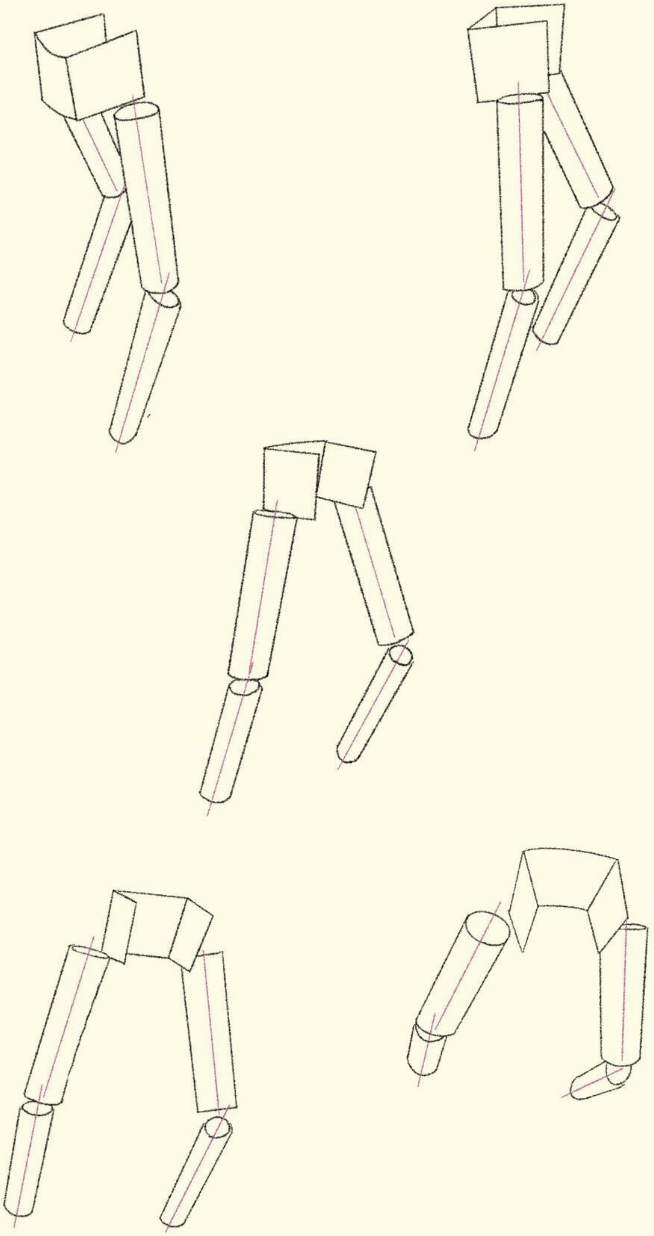


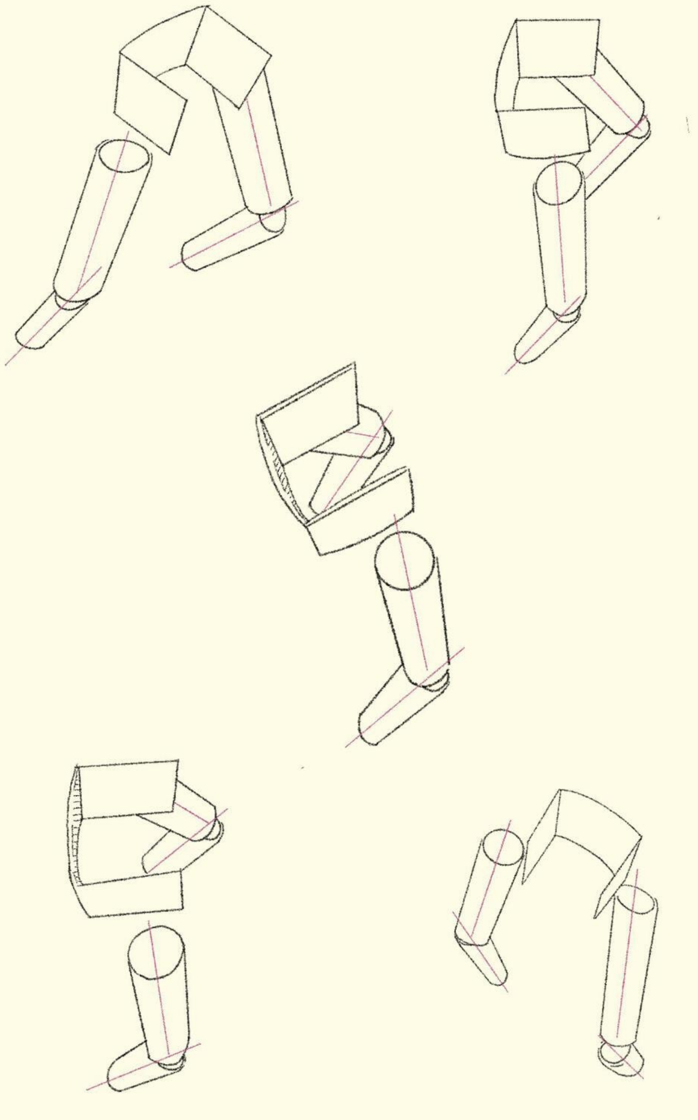


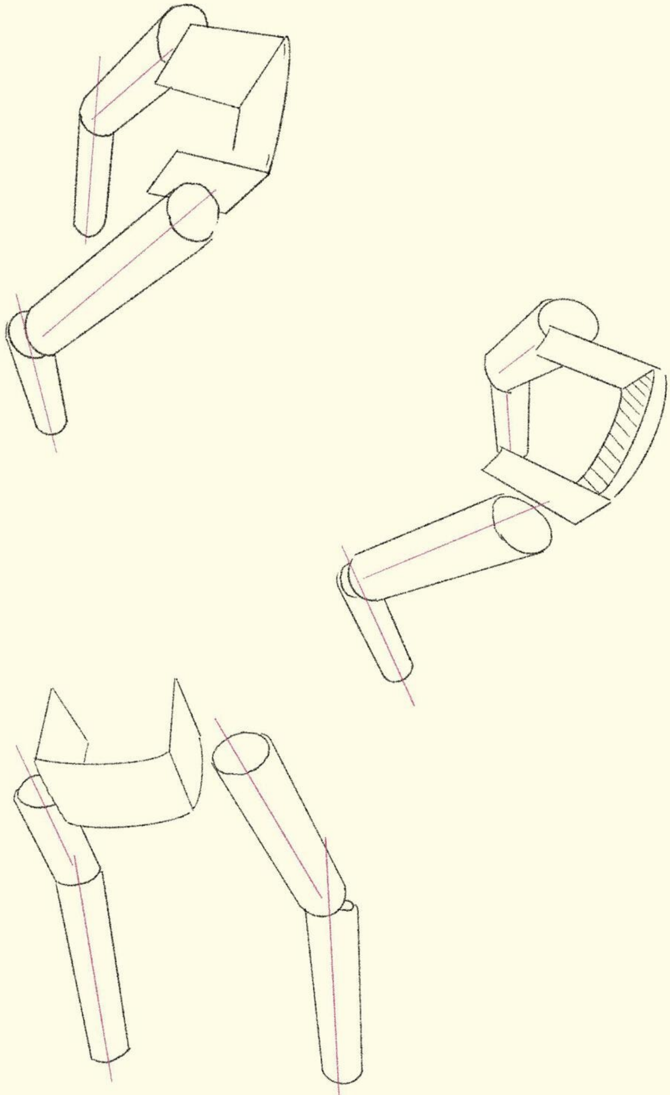


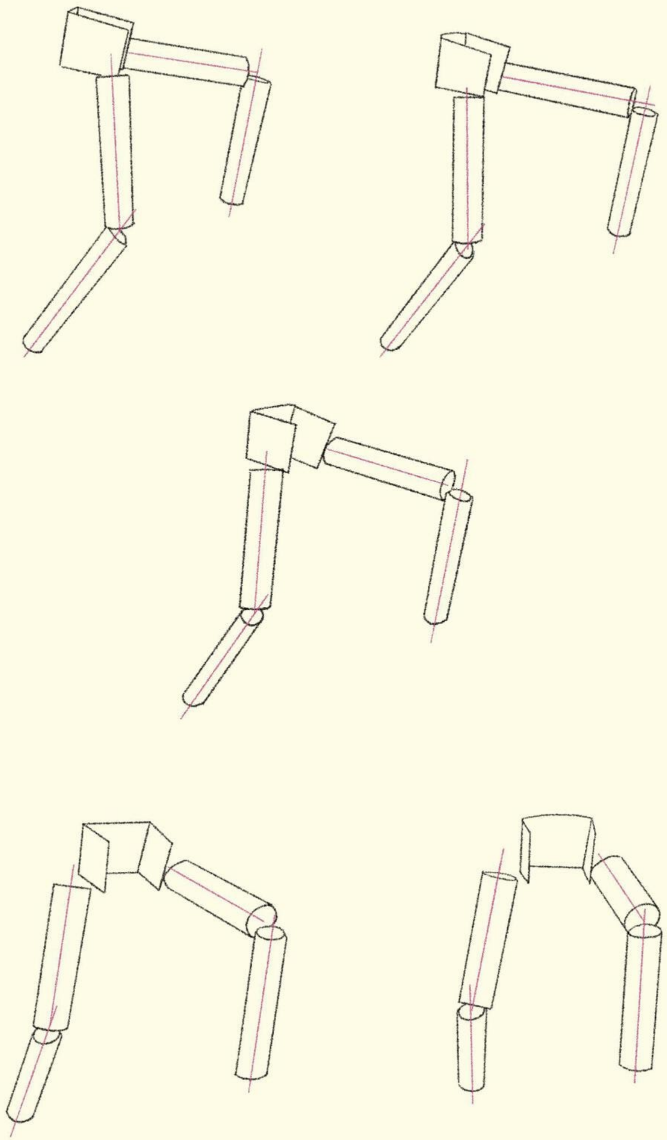


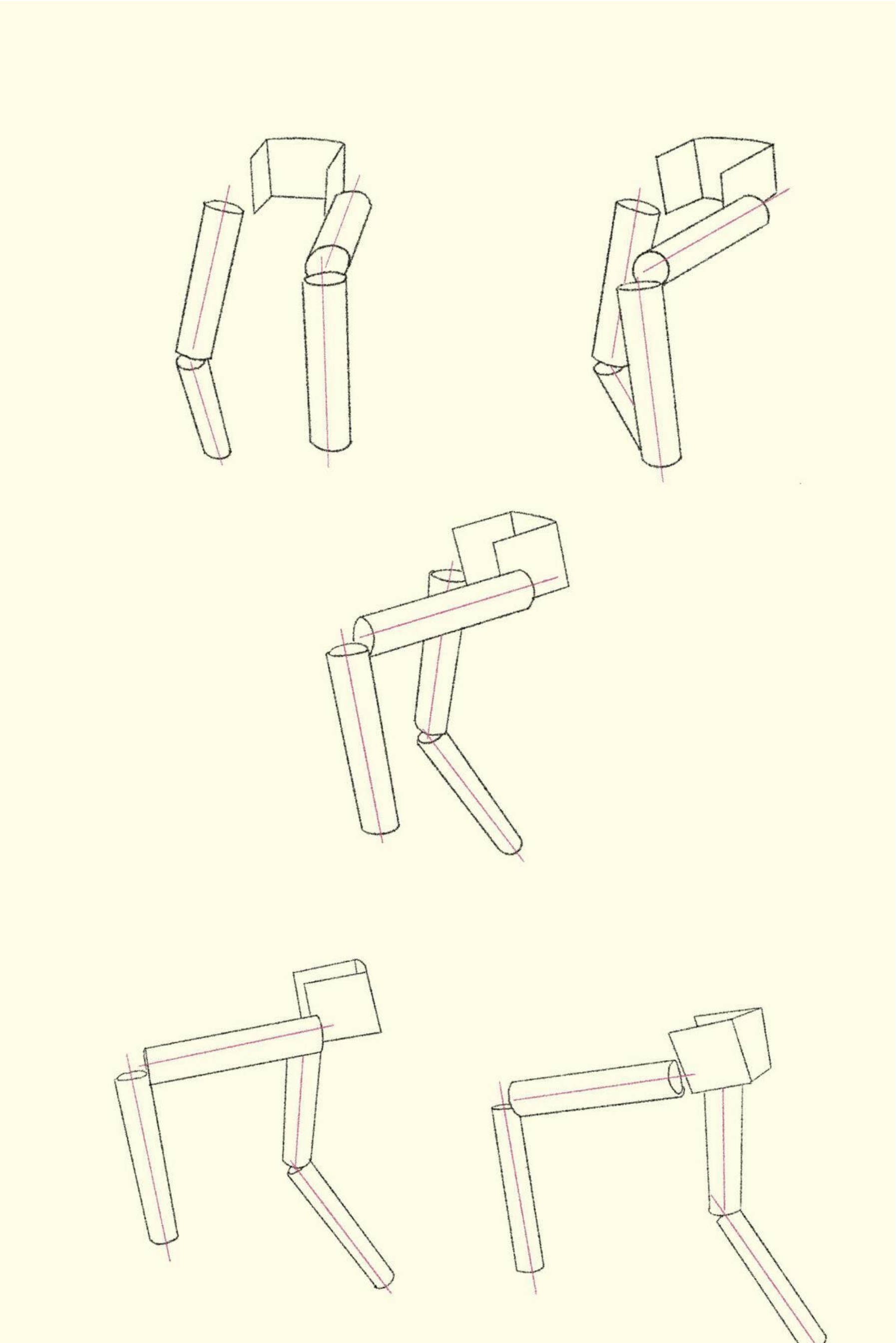


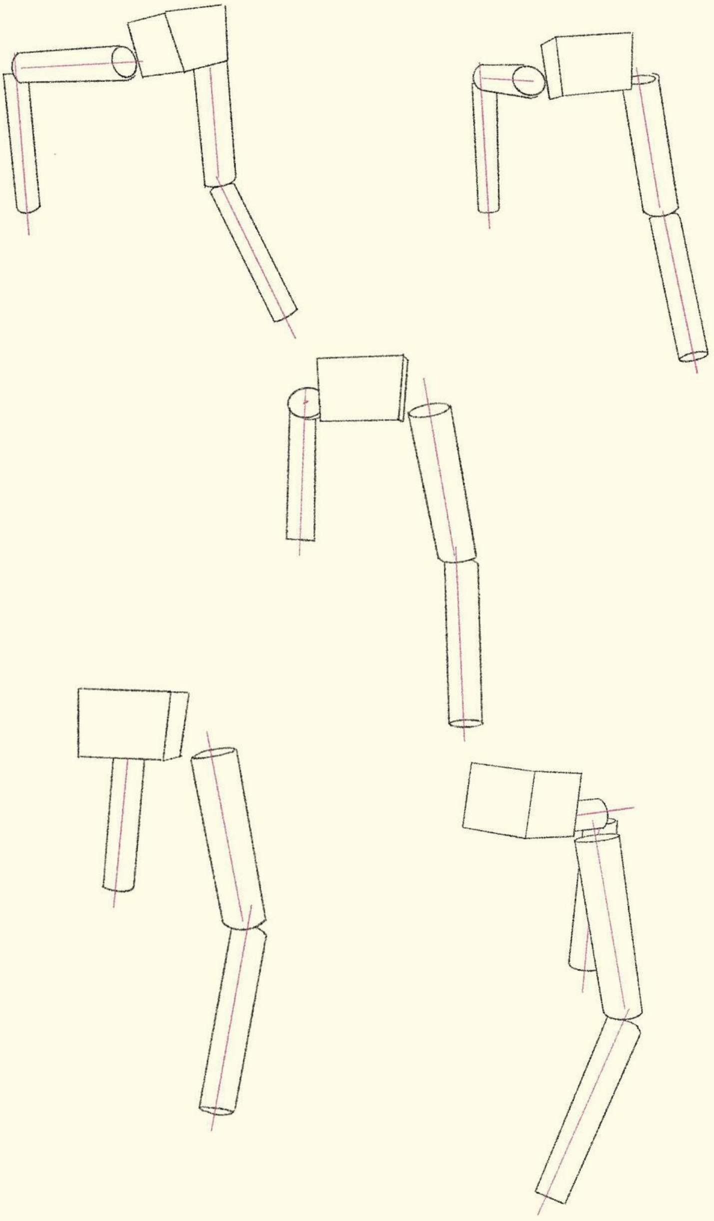


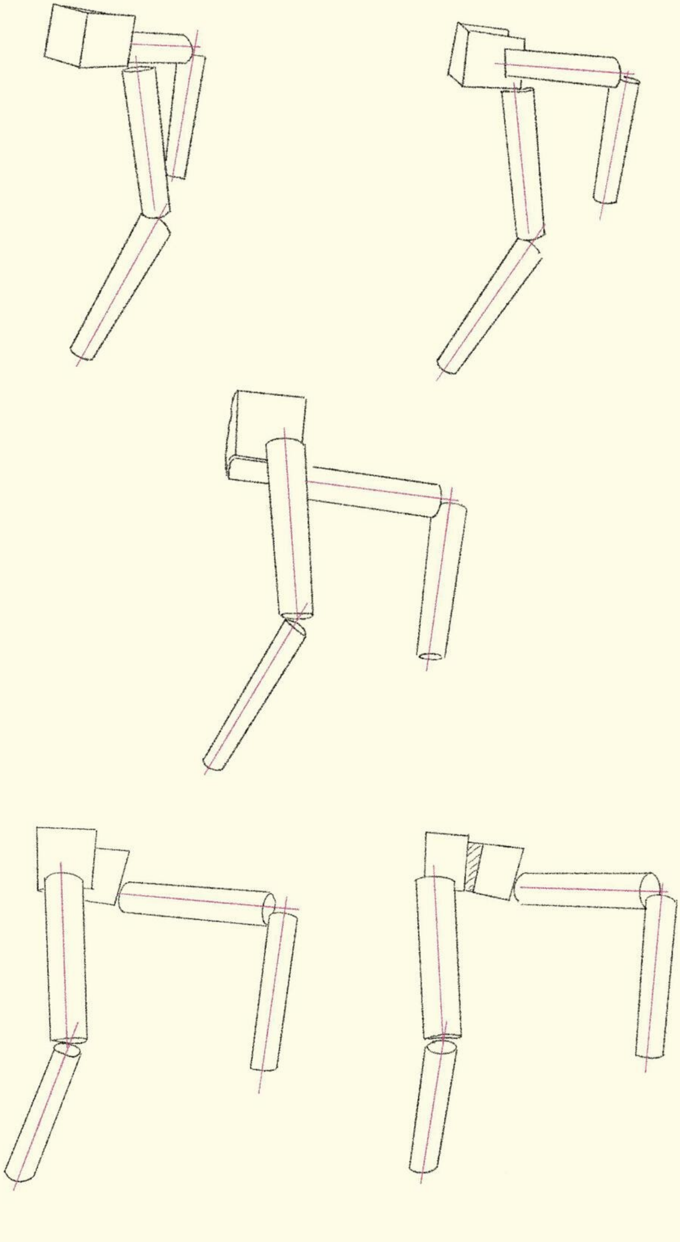


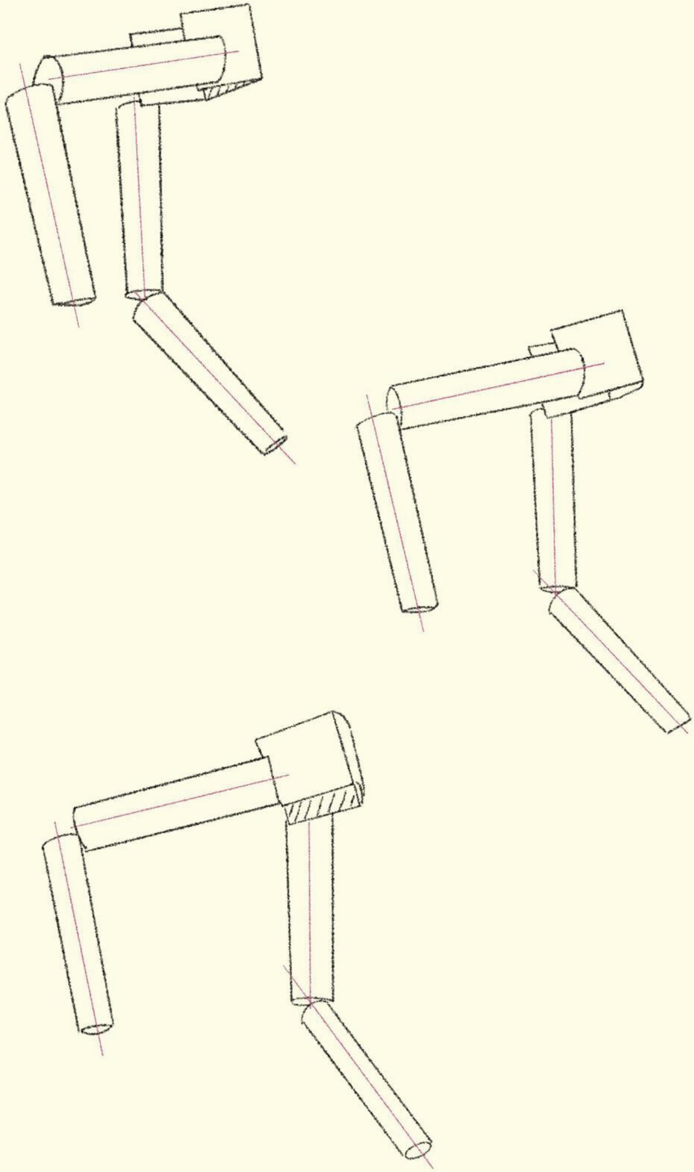


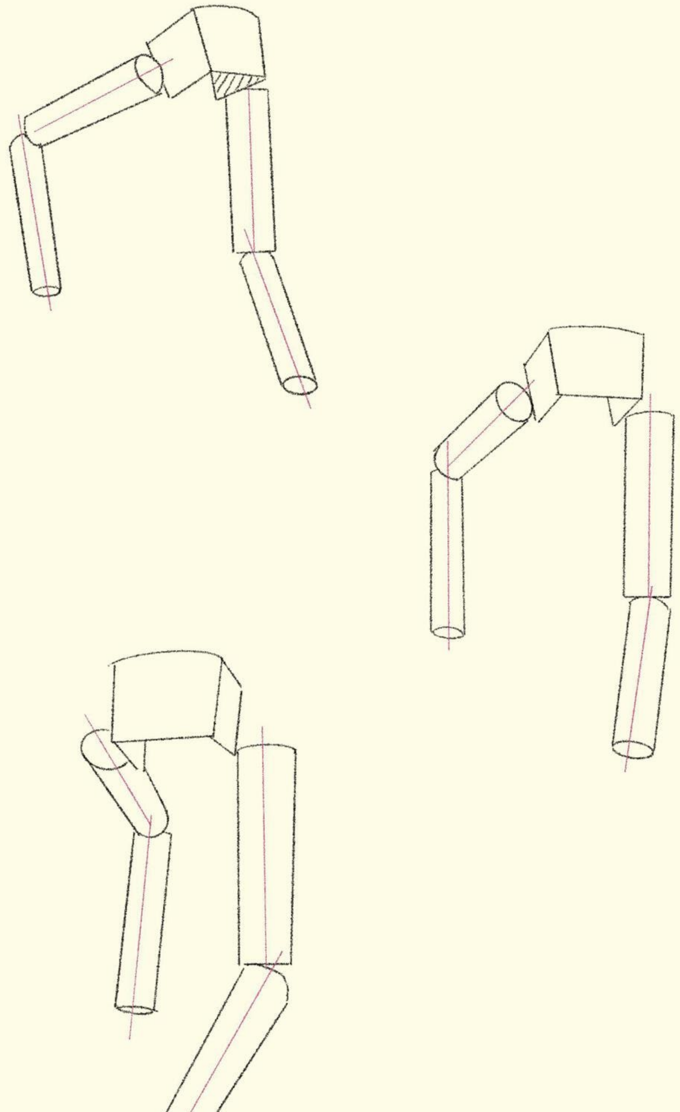


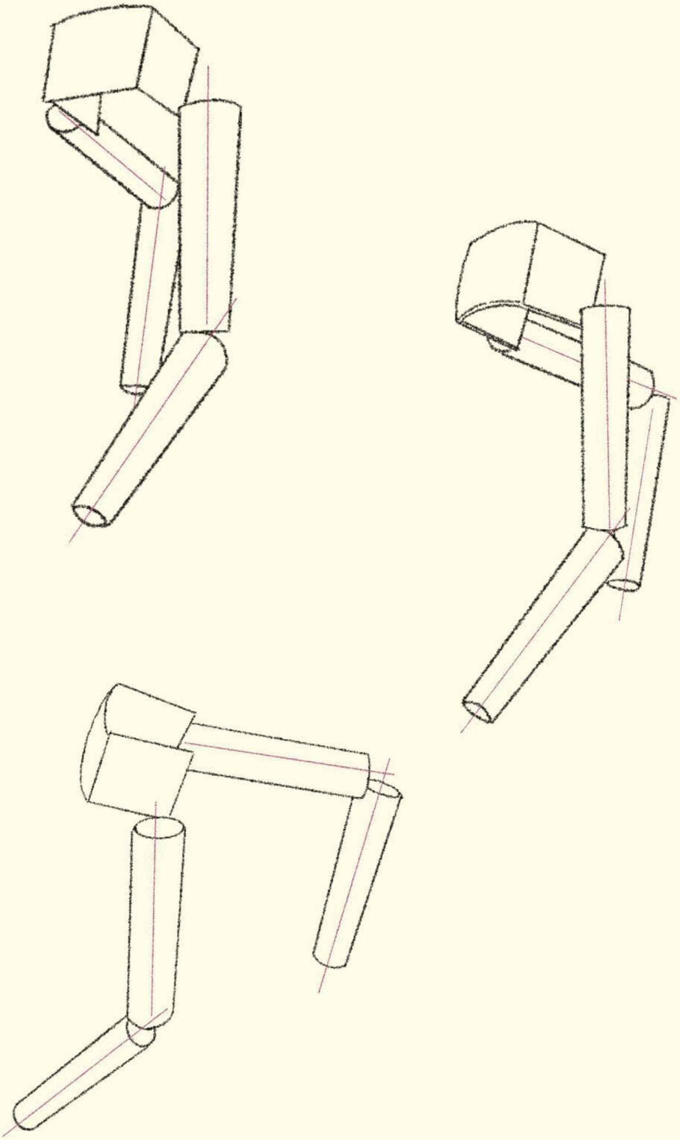


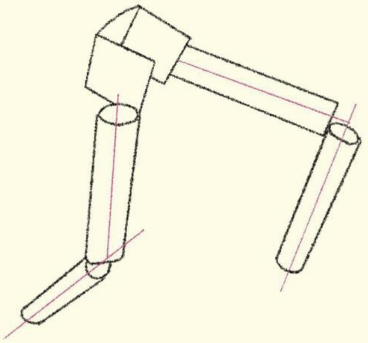


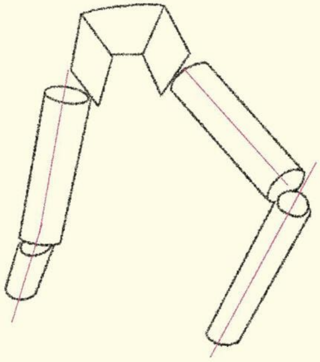


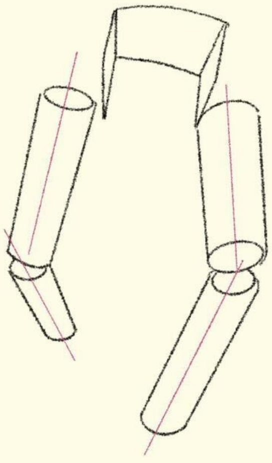


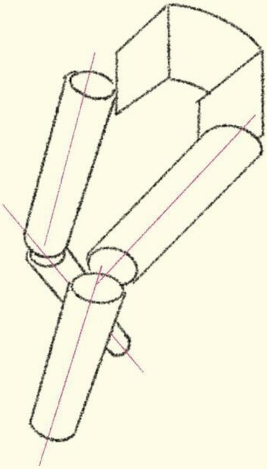


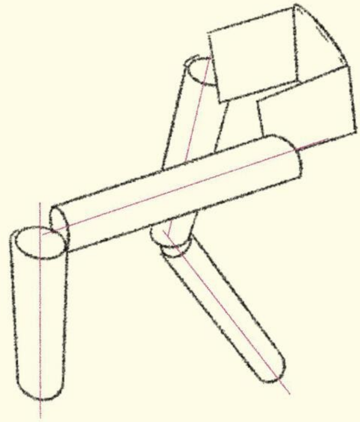


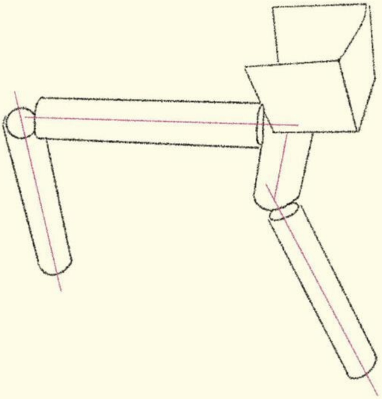


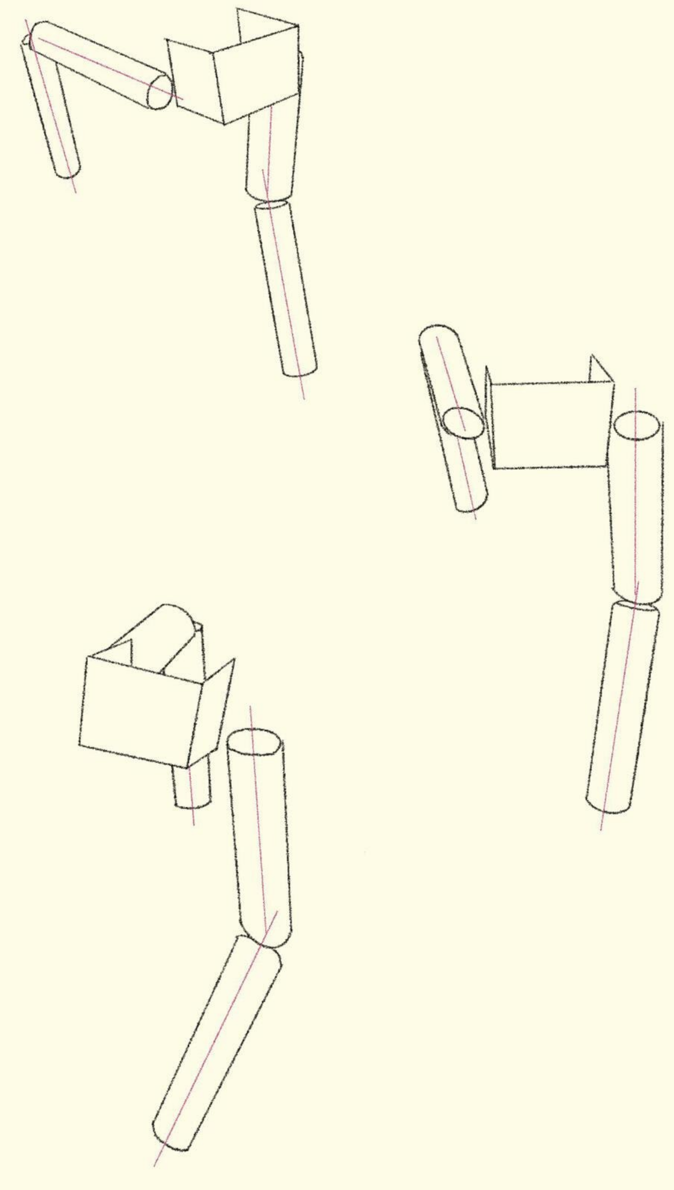


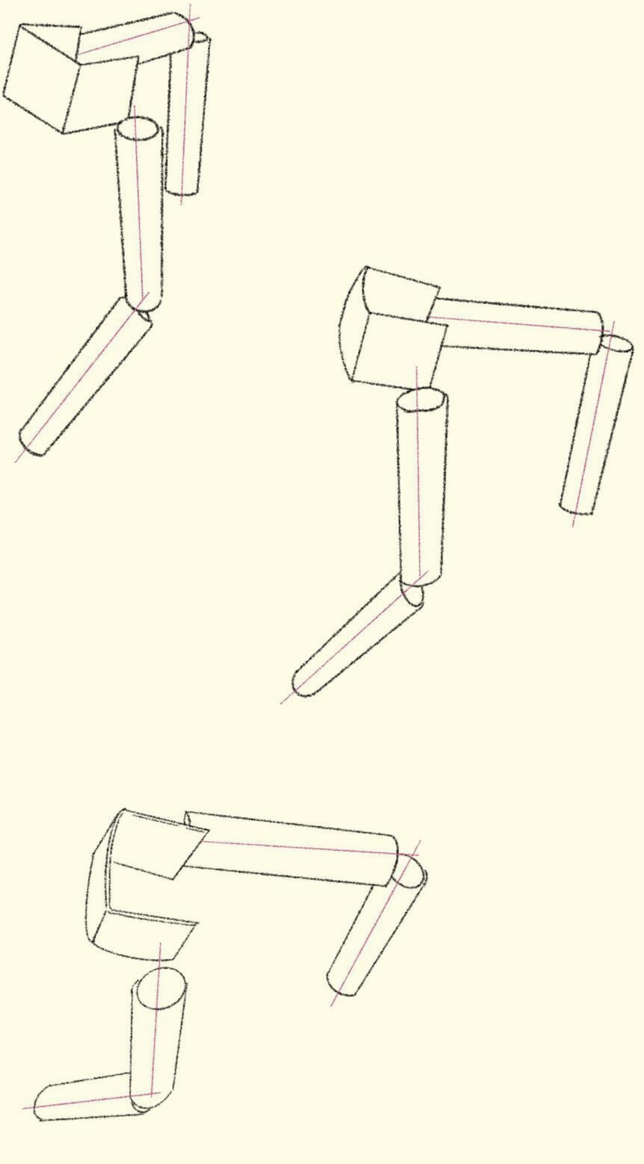


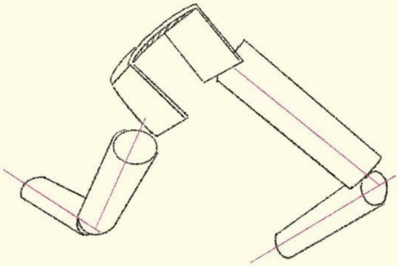


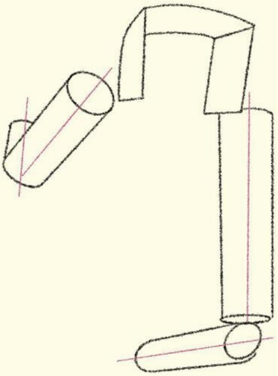


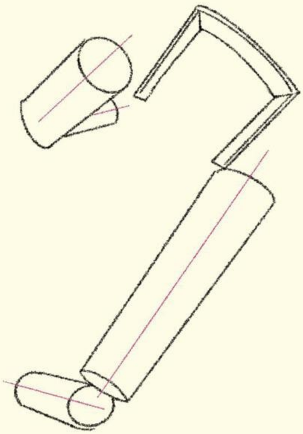


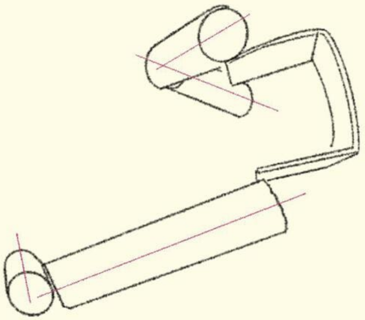


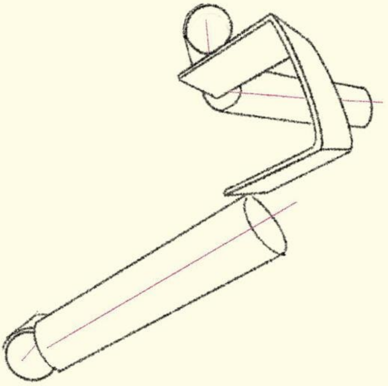


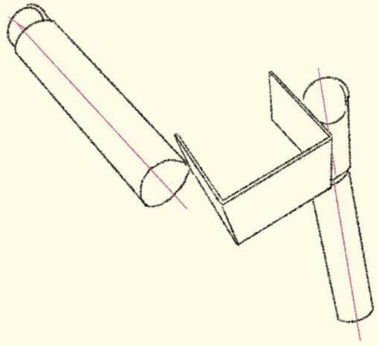


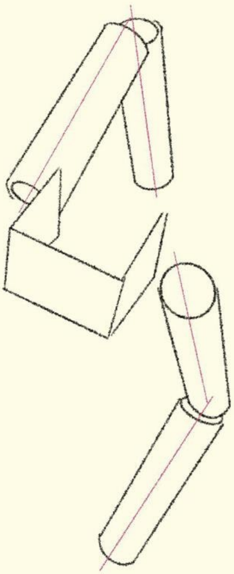












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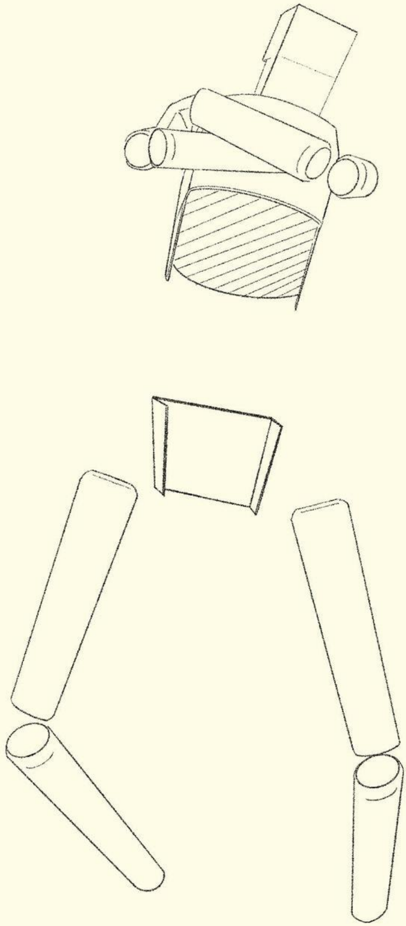
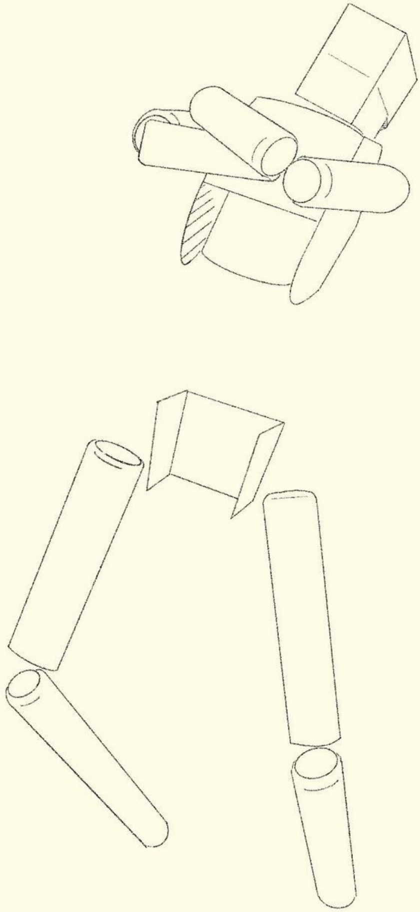
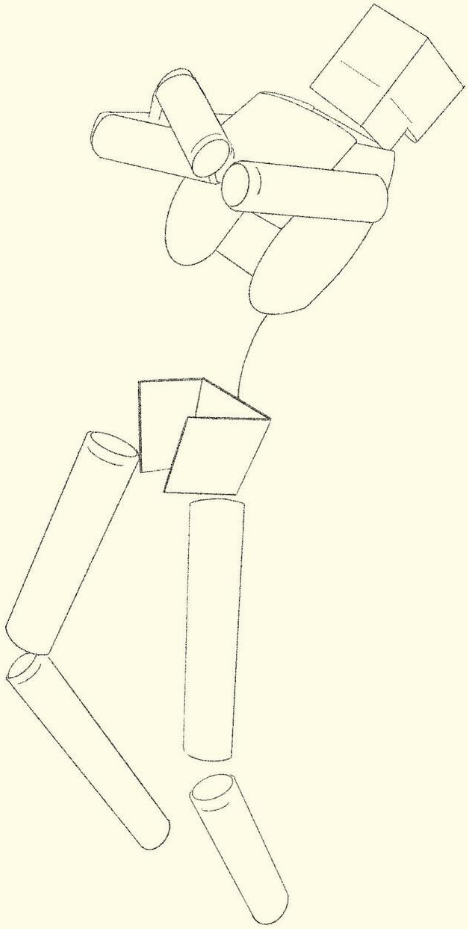
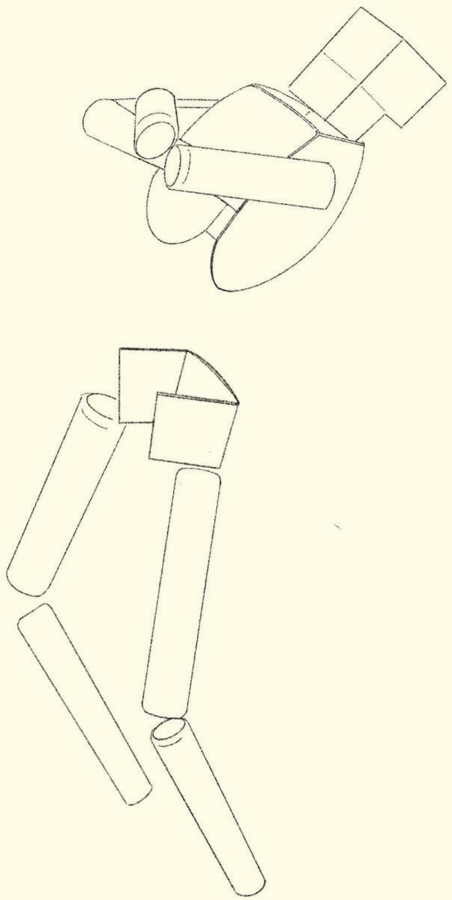
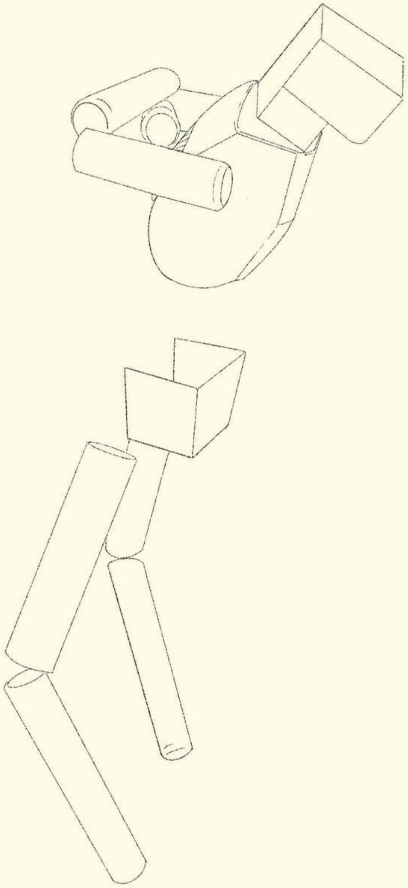
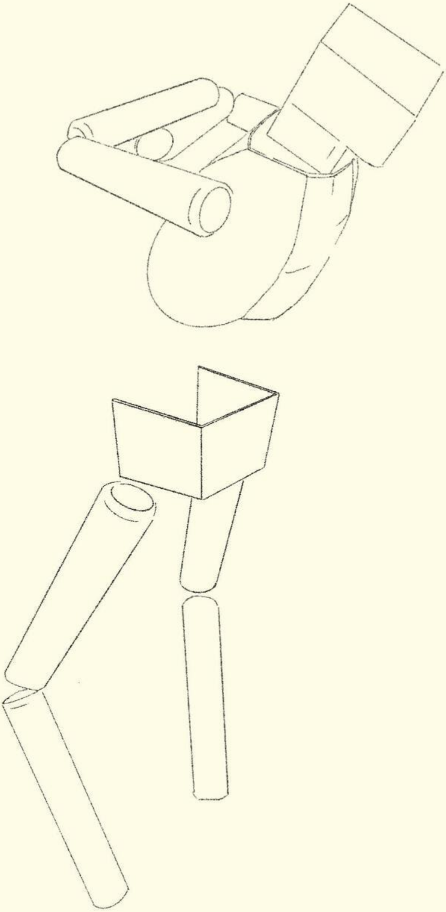


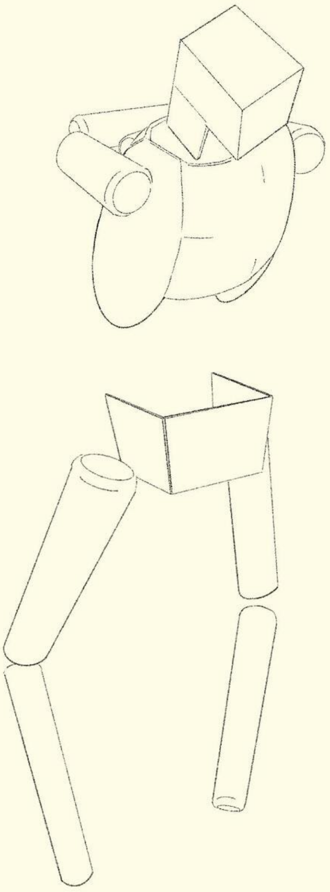


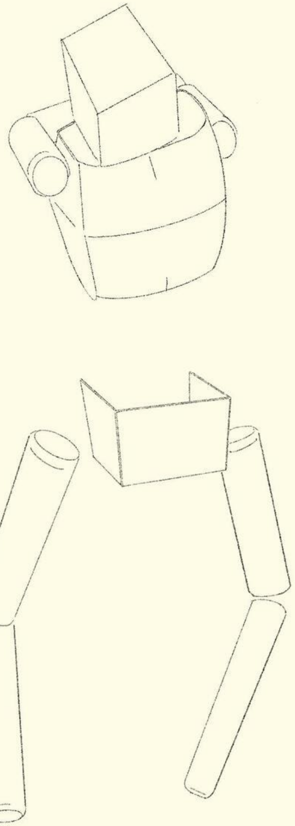


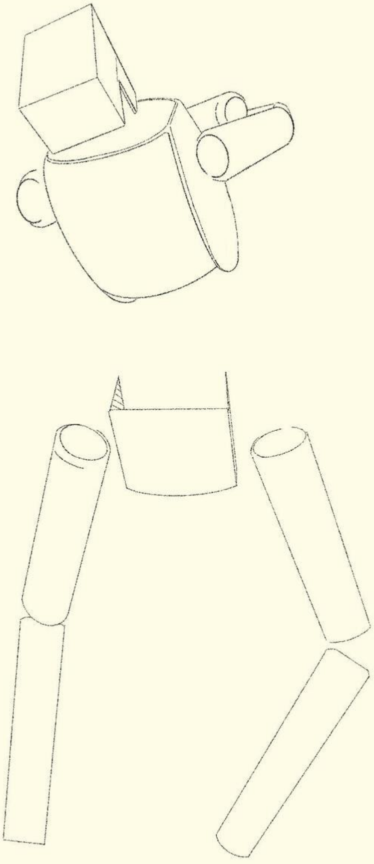


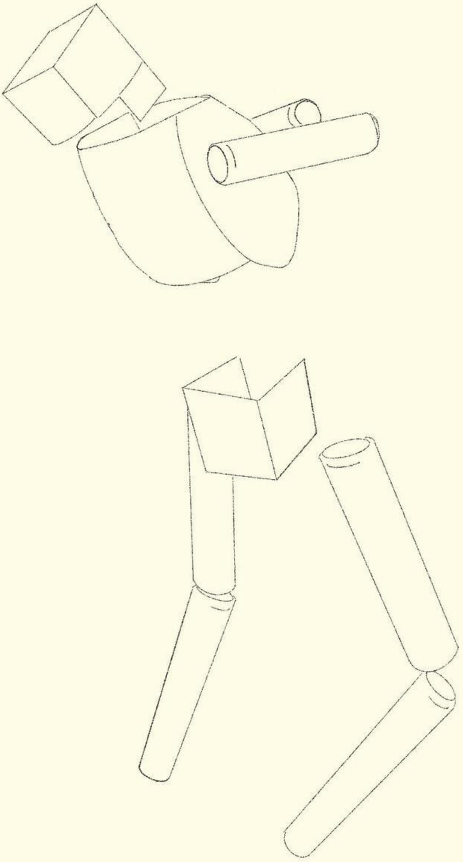


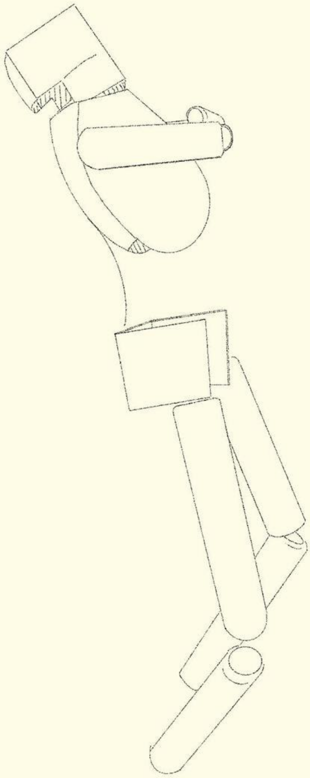


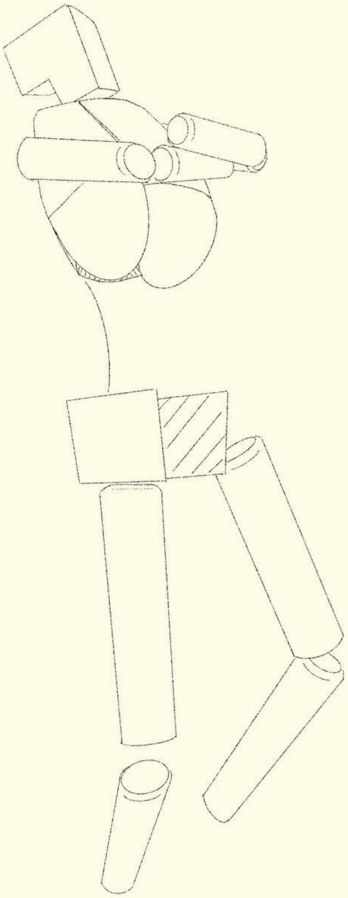


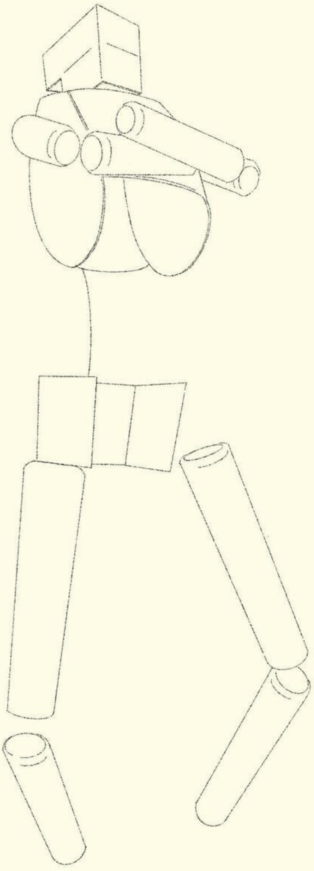


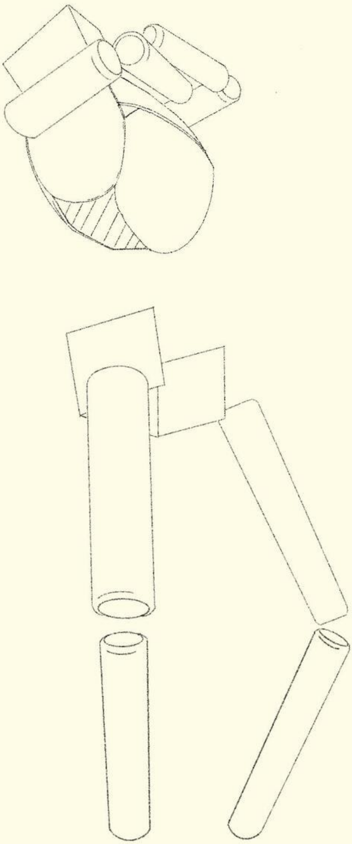


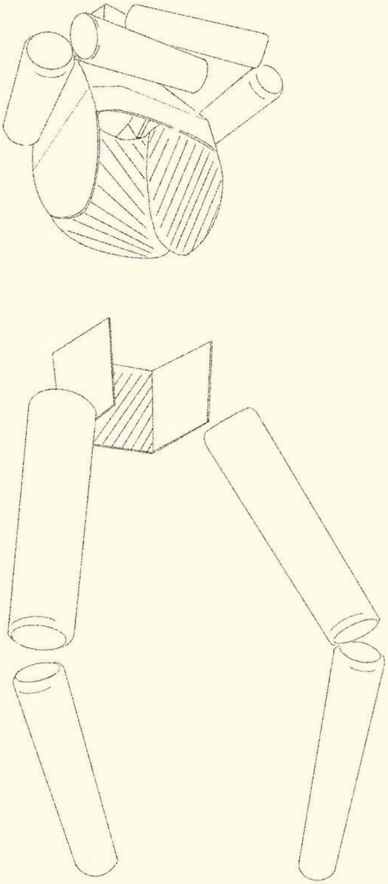


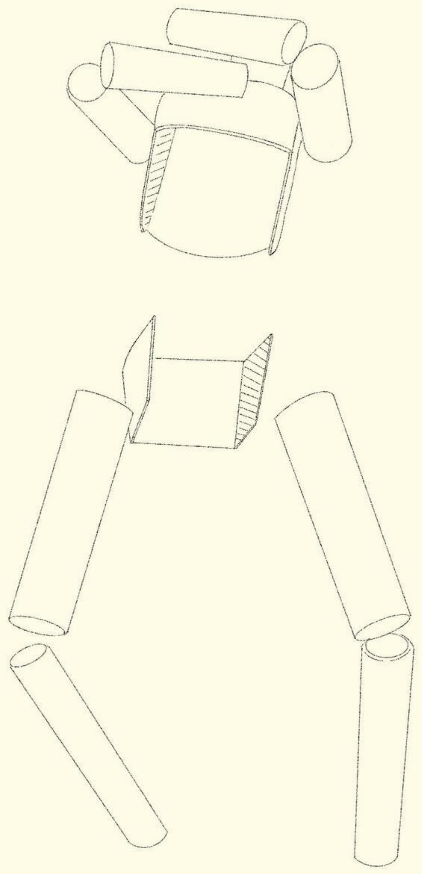


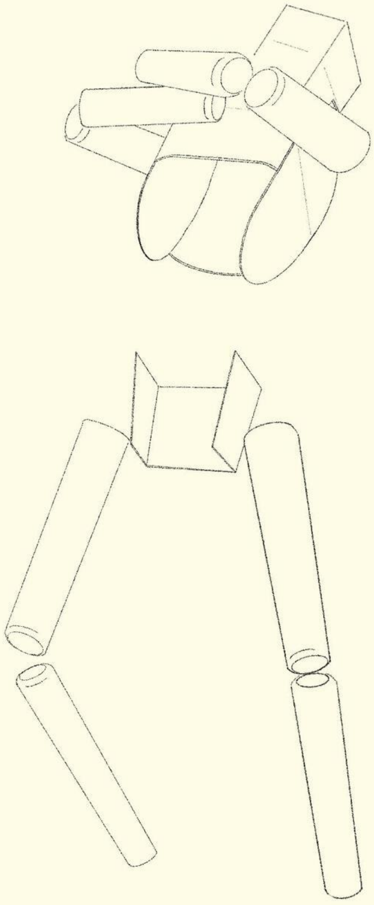


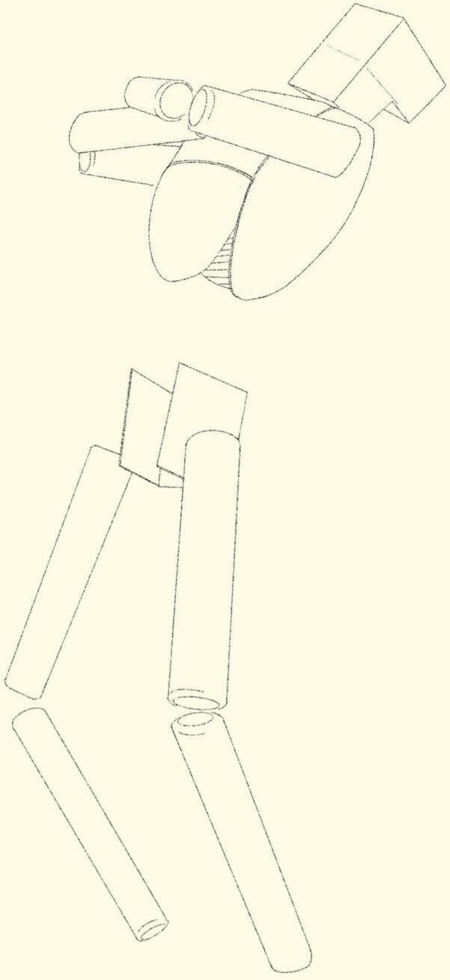


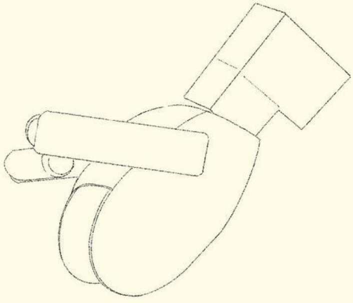


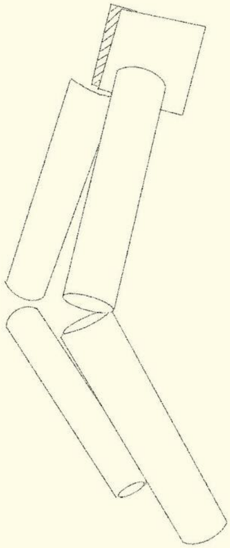


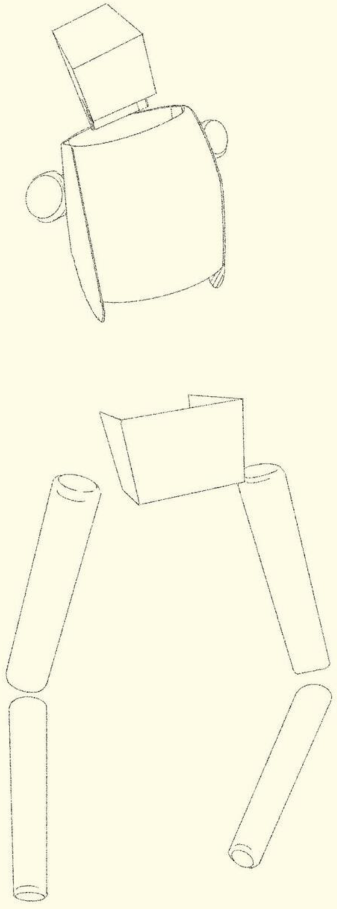


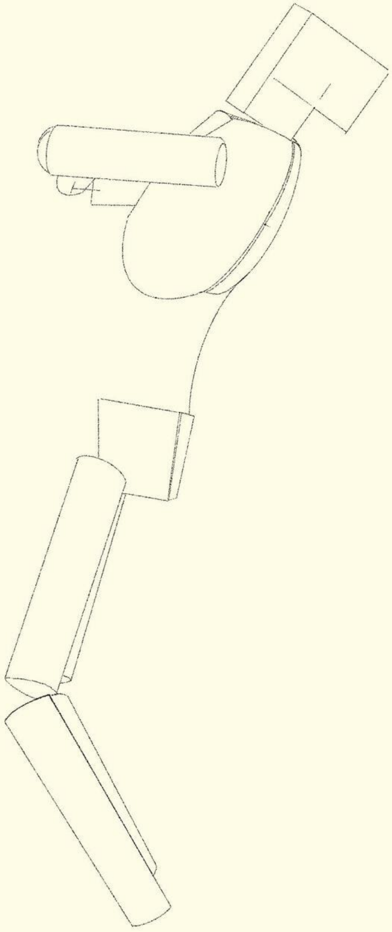


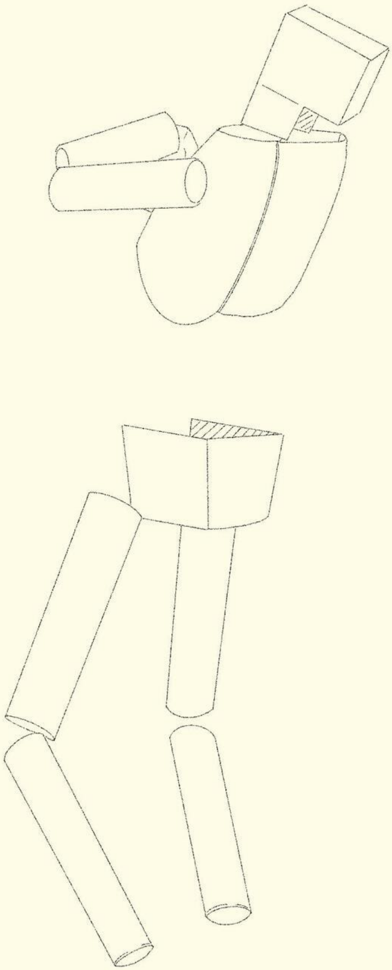


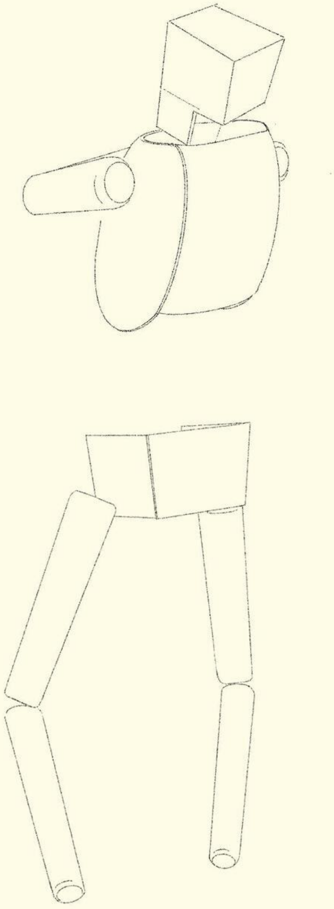


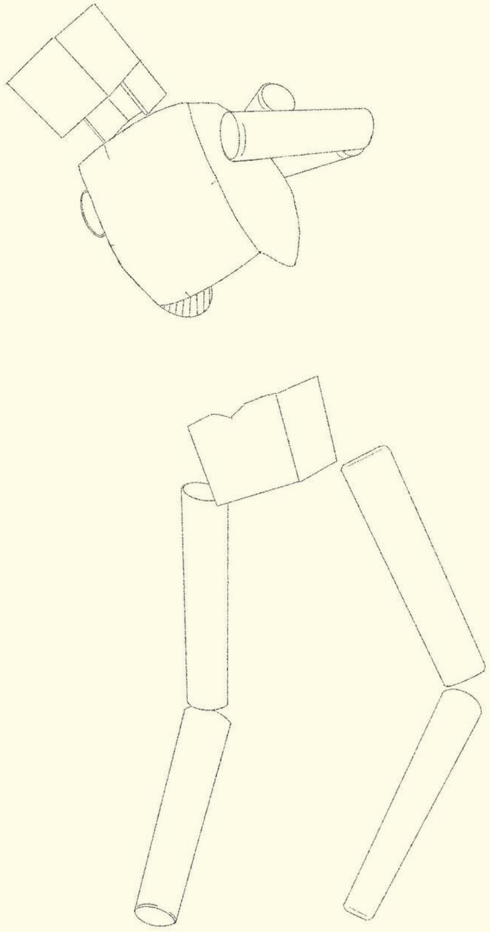


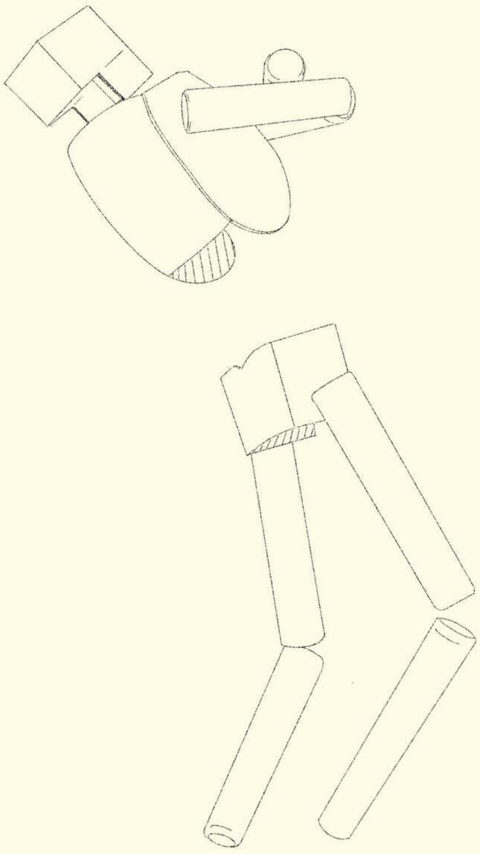


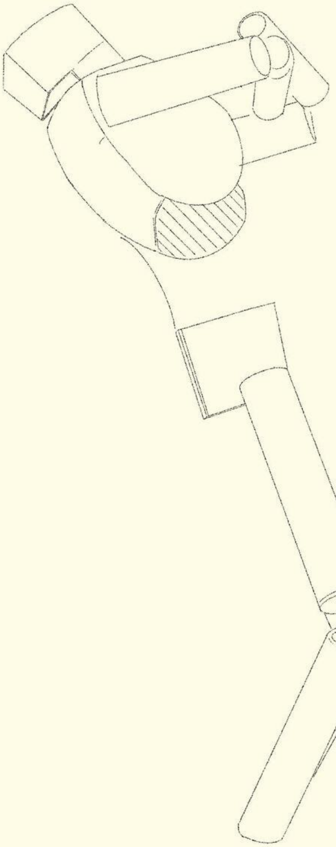


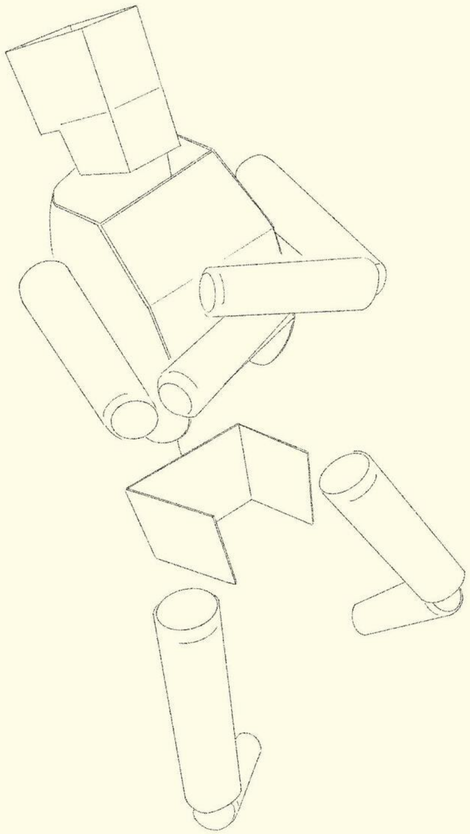


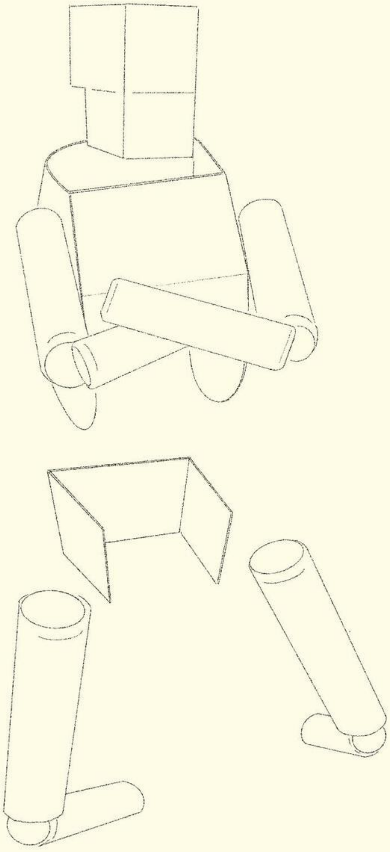


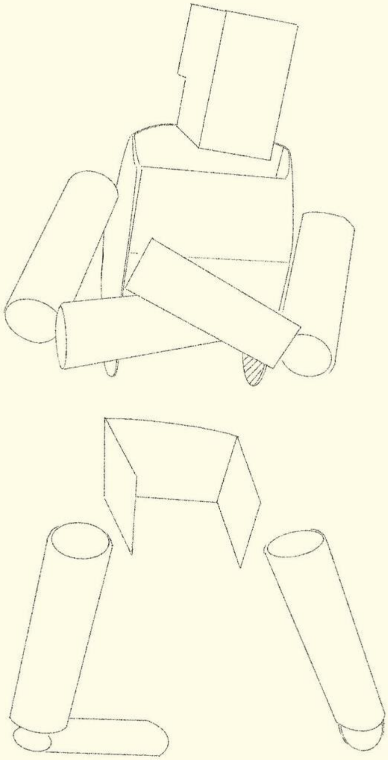


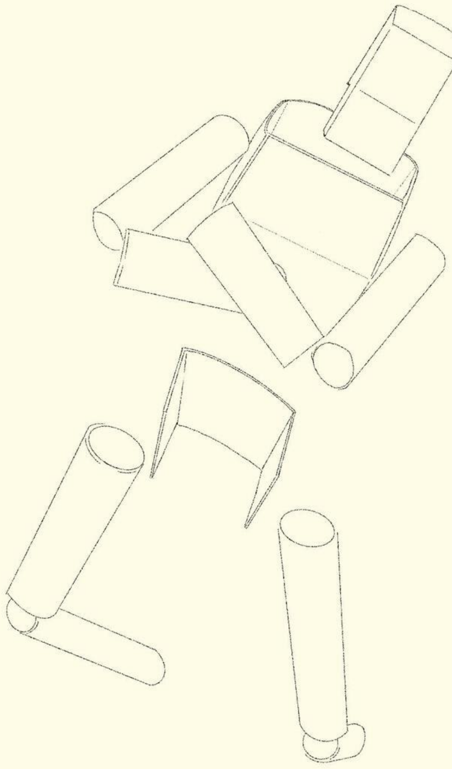


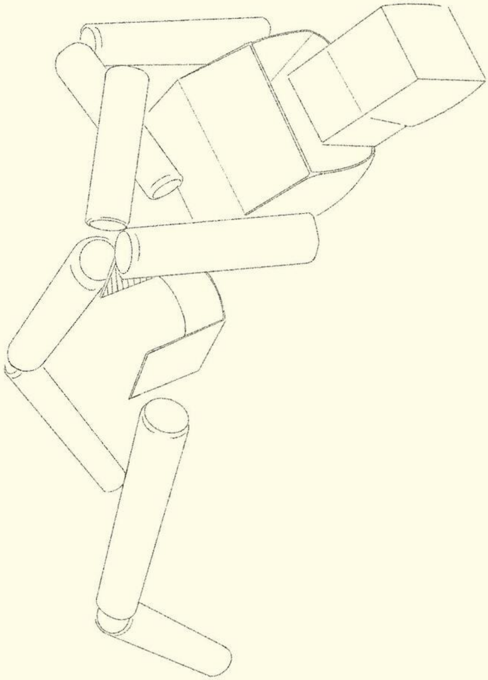


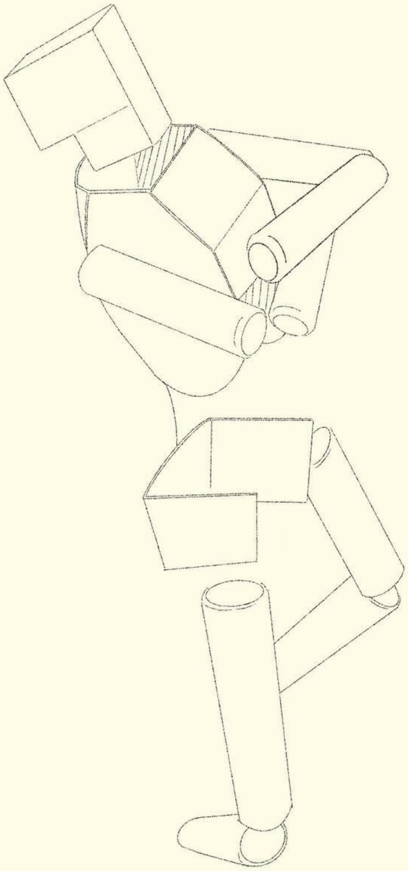


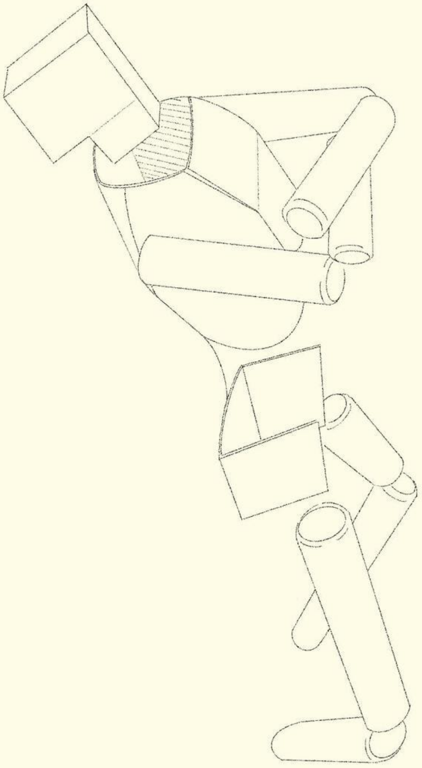


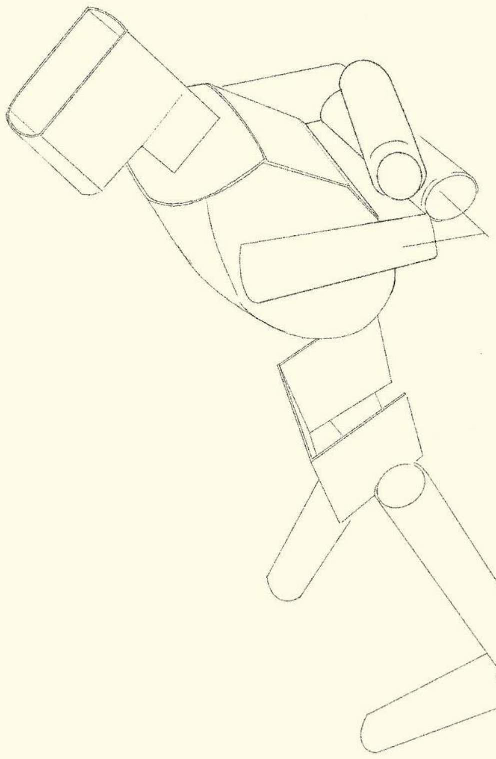


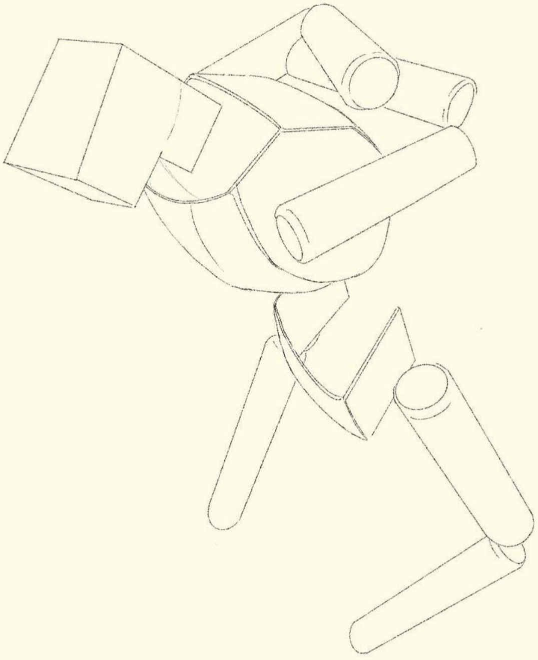


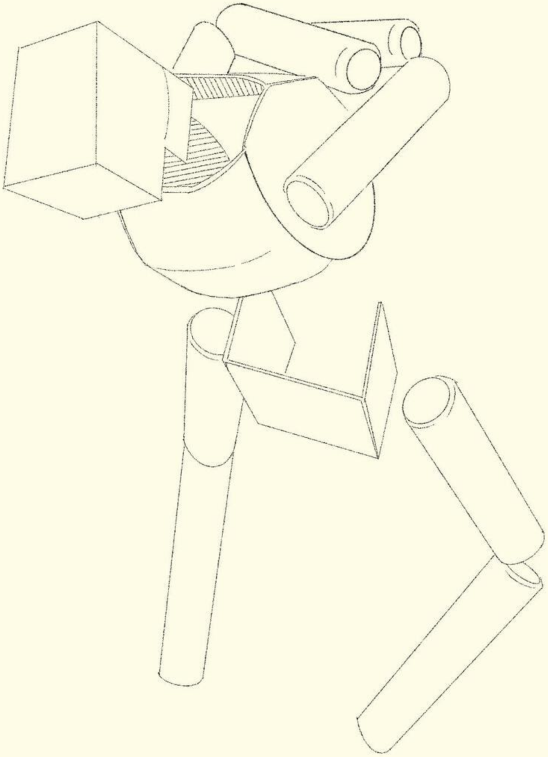


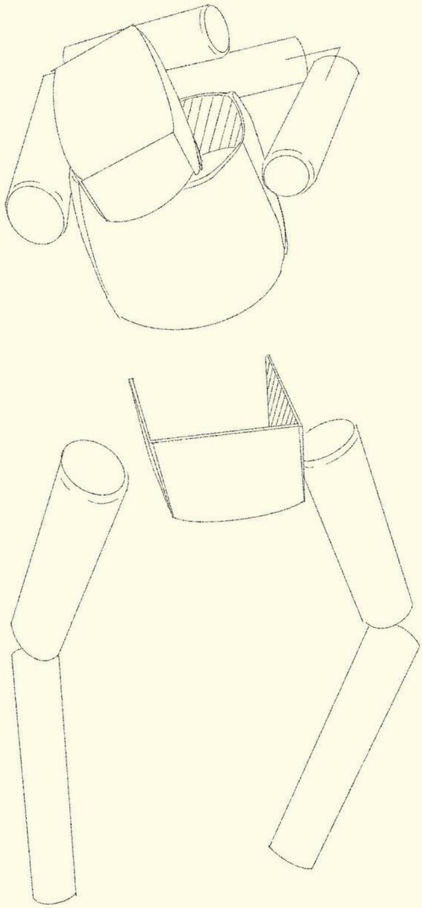


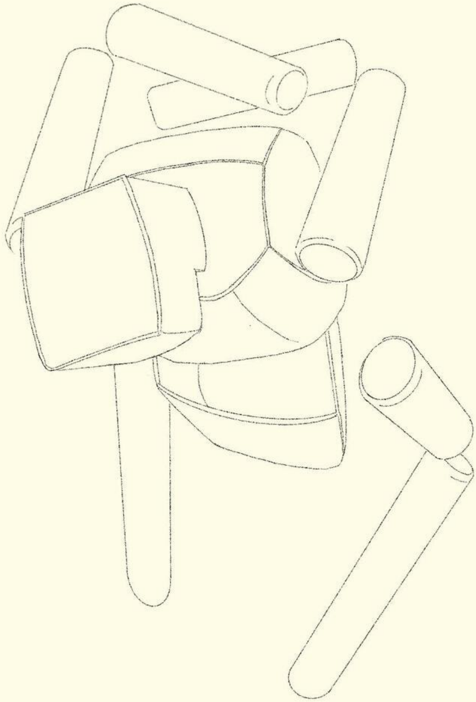


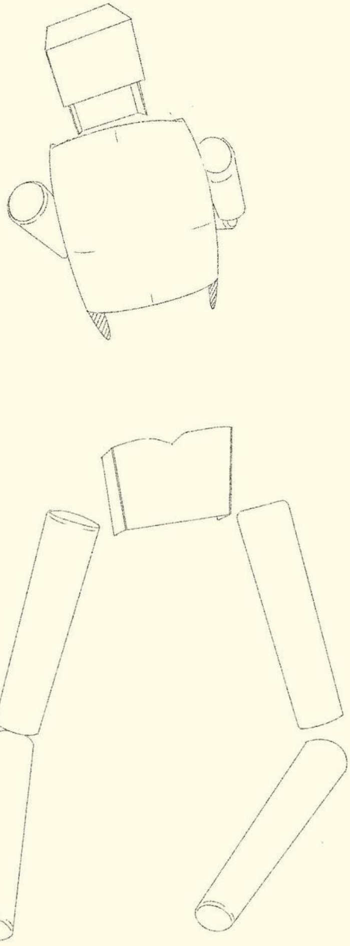




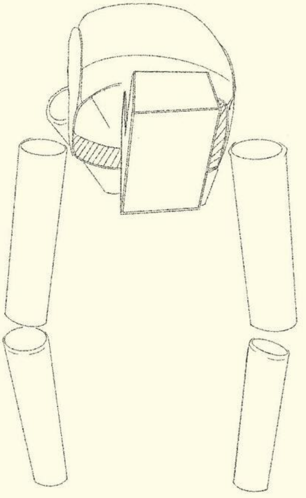


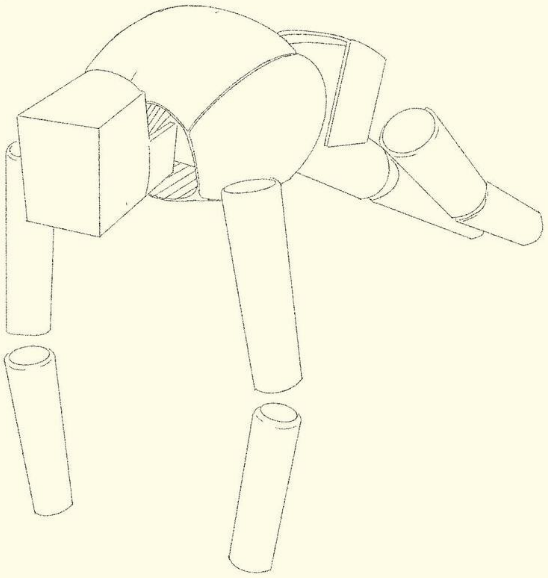


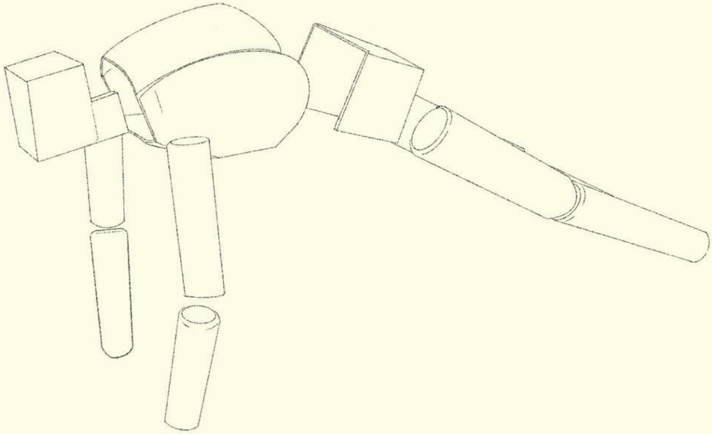


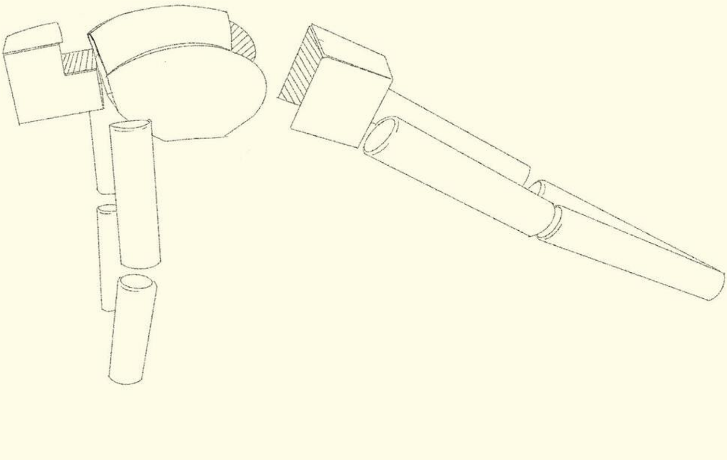


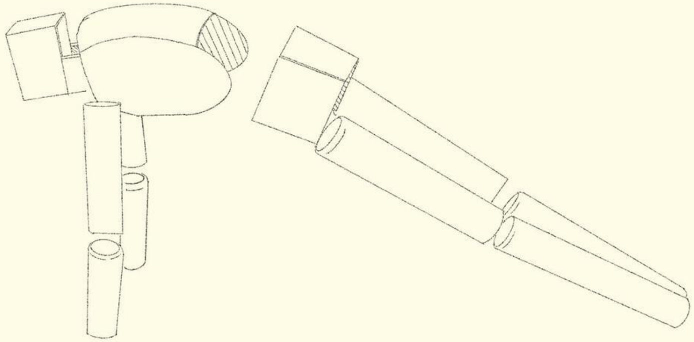
Pose 2

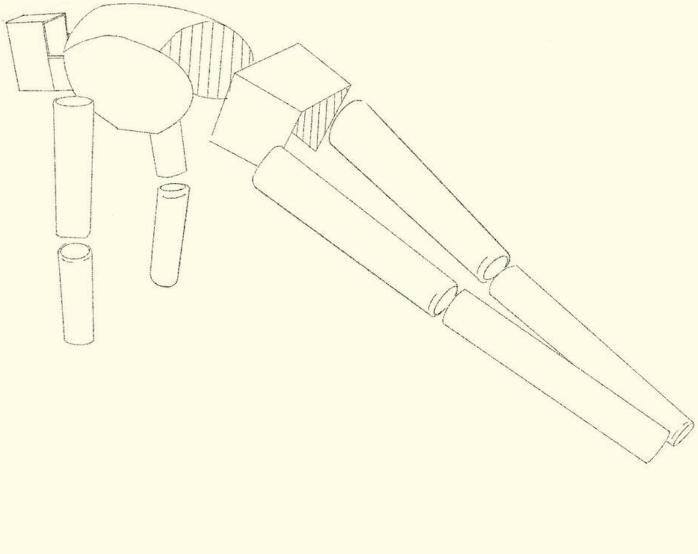


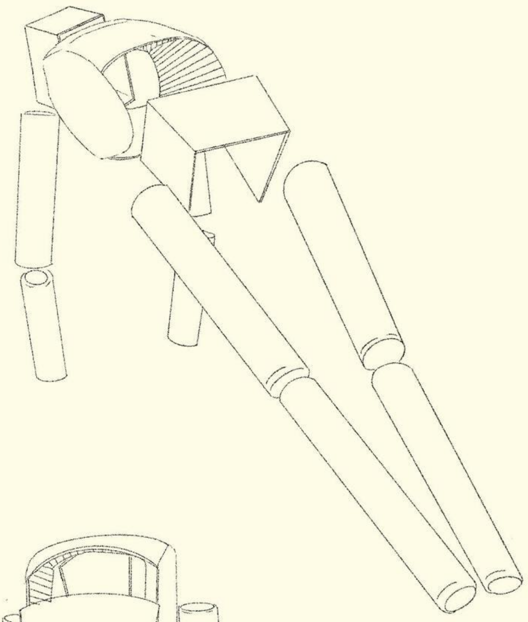


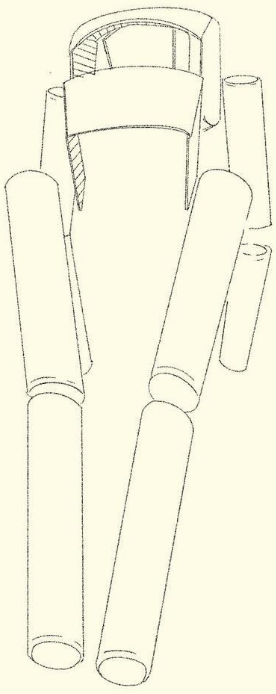


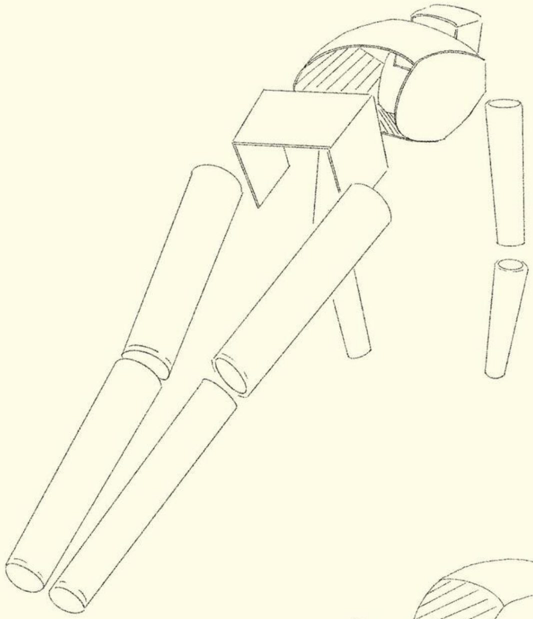


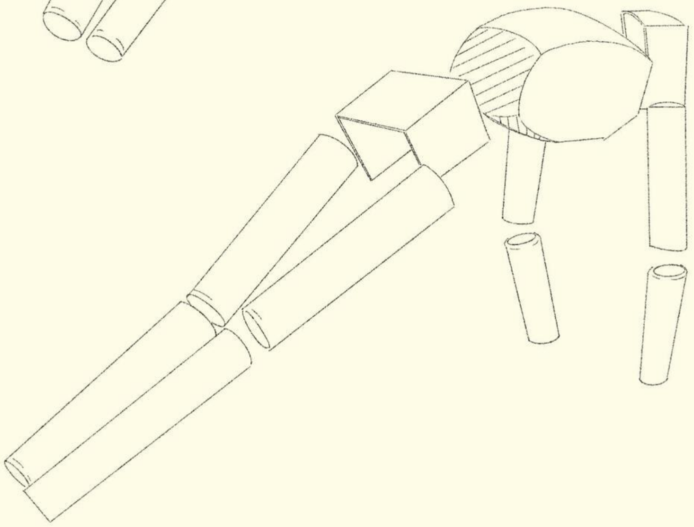


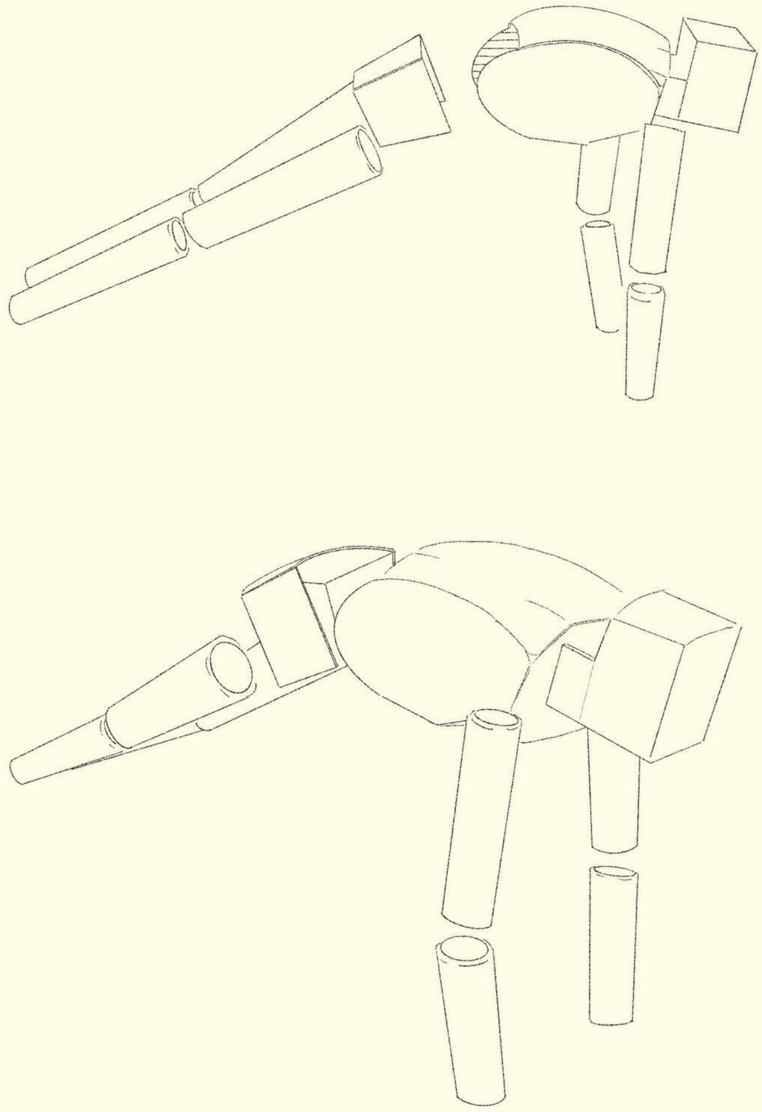


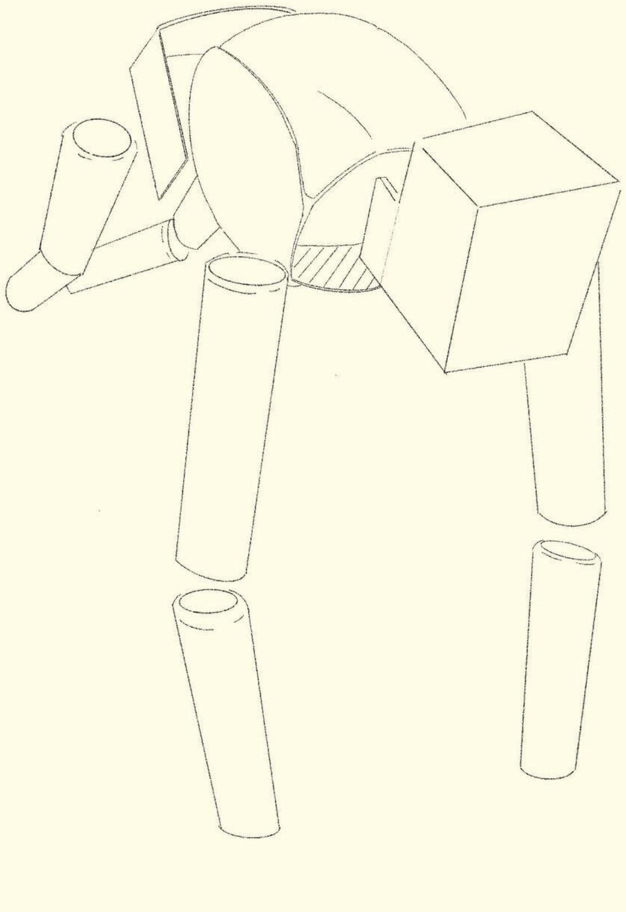


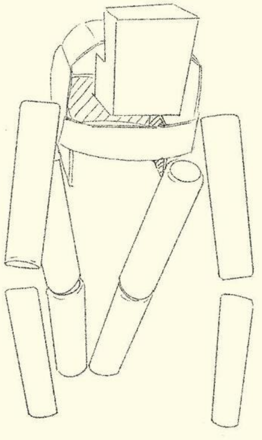


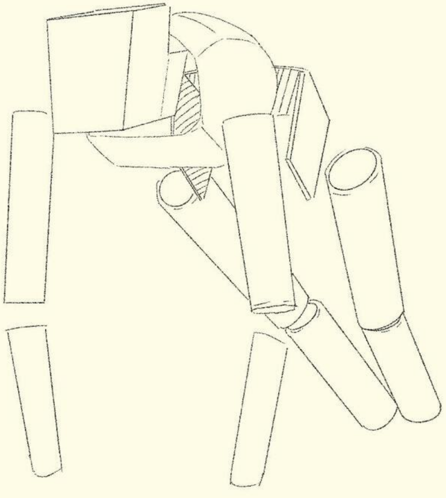


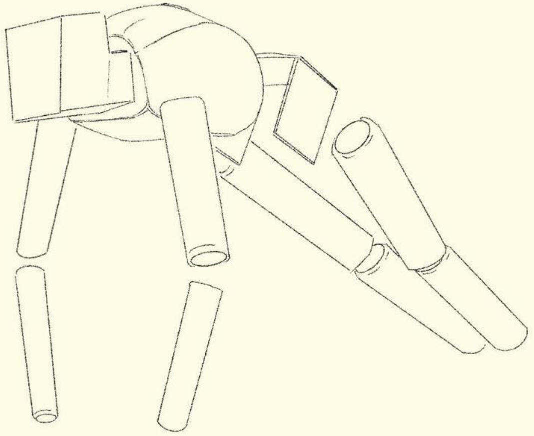


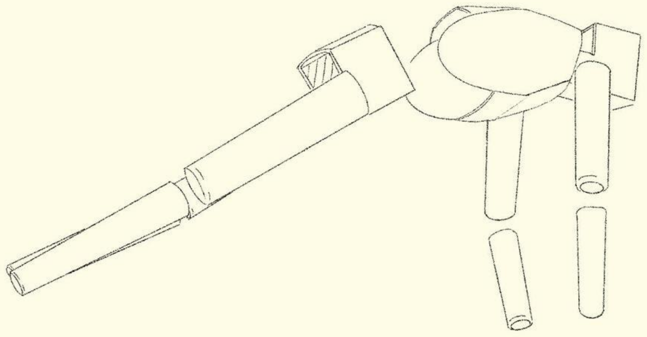


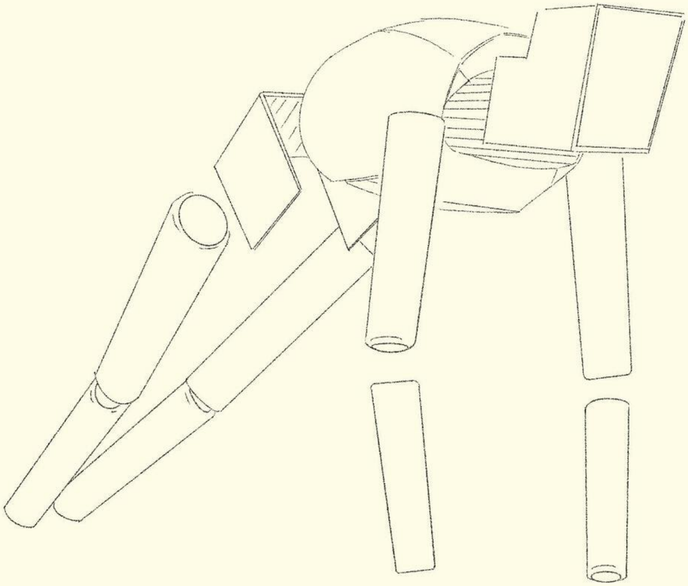


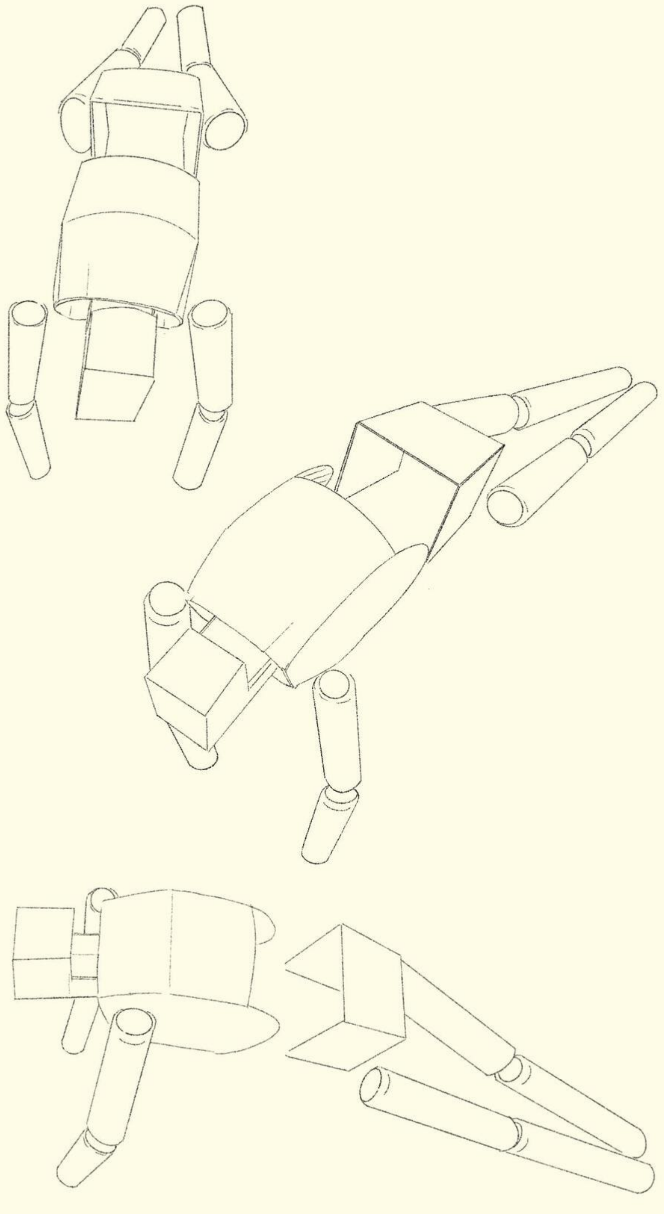


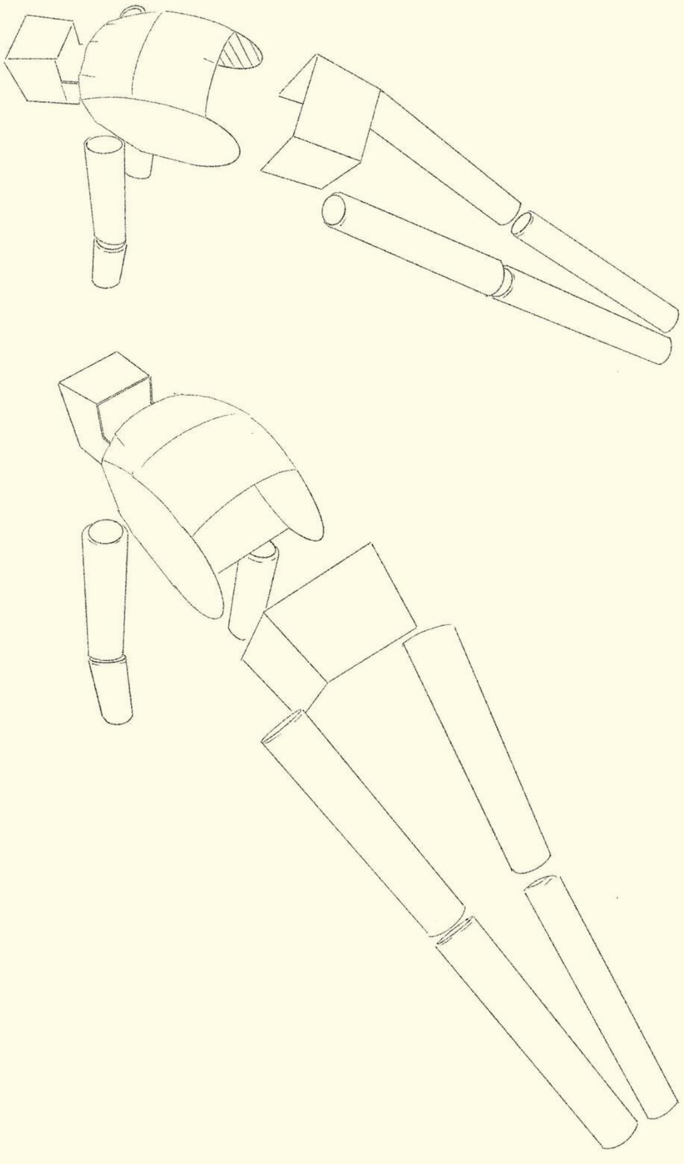


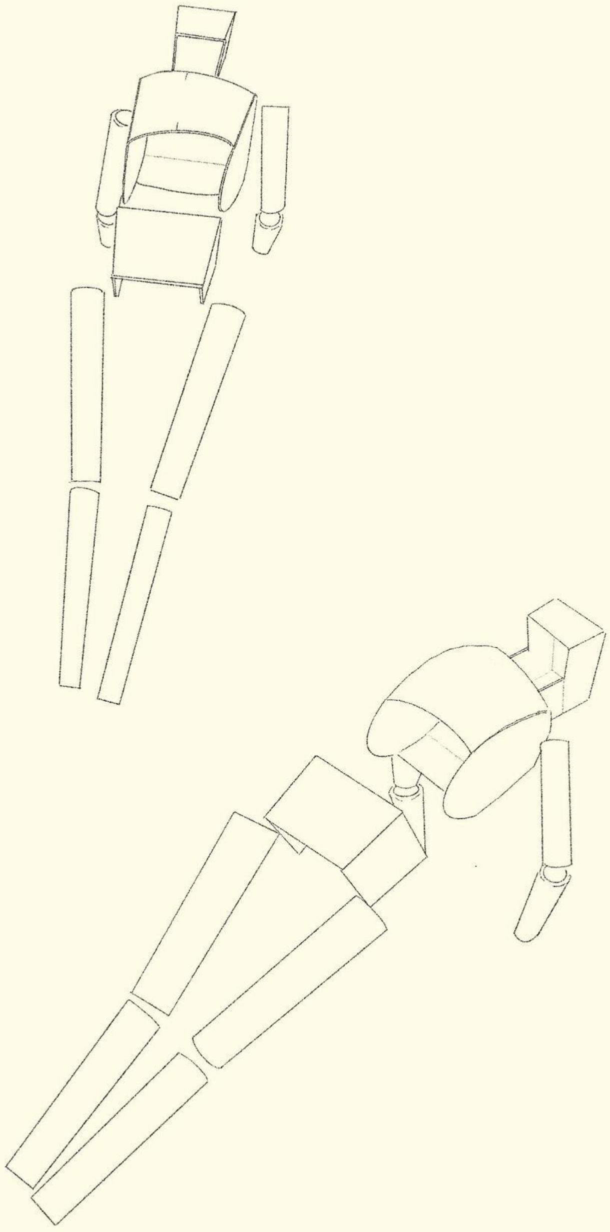


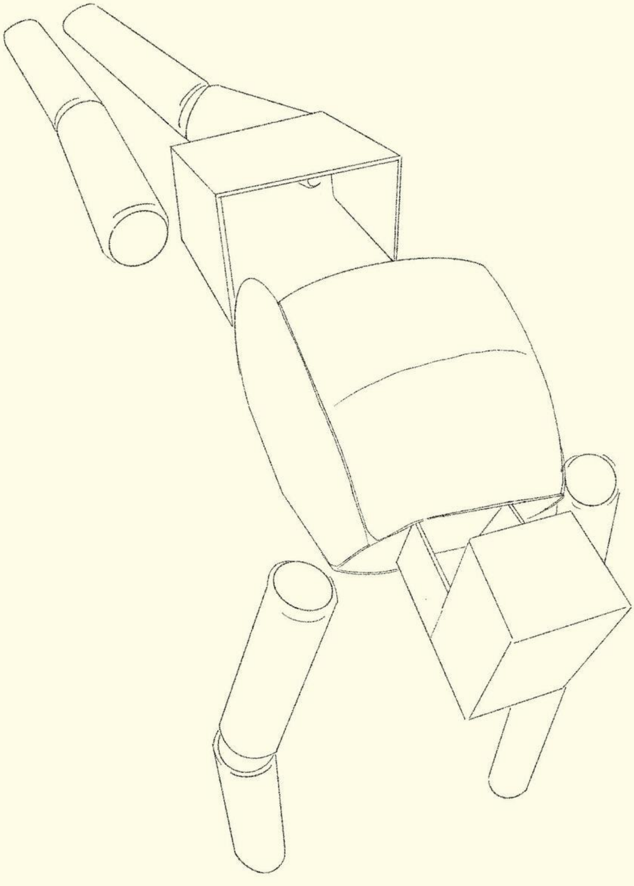


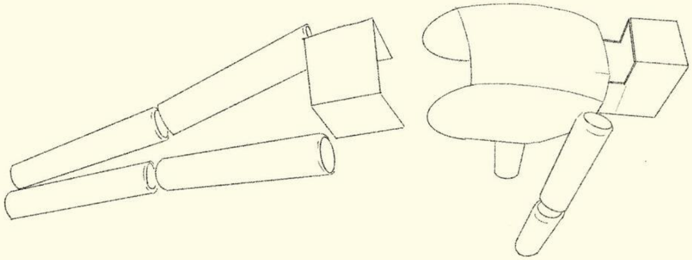


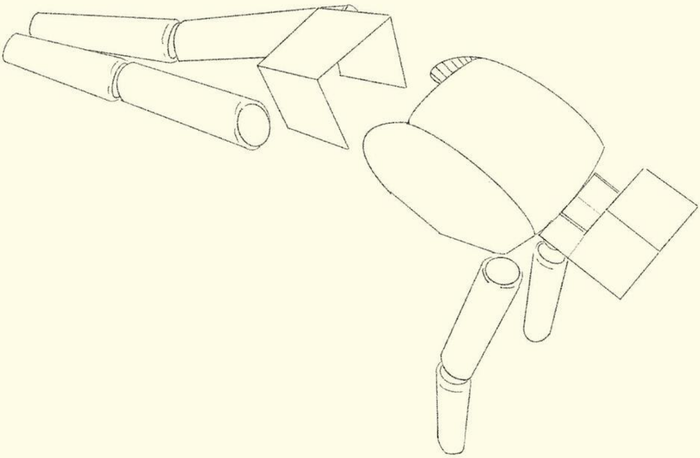




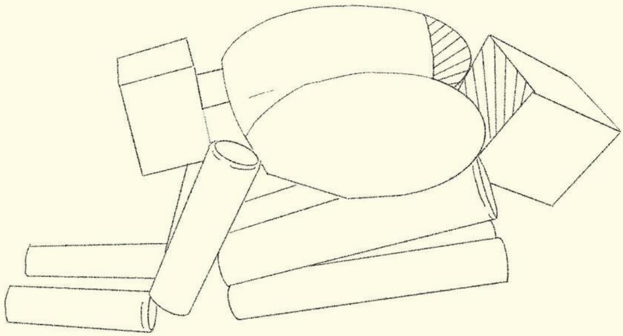


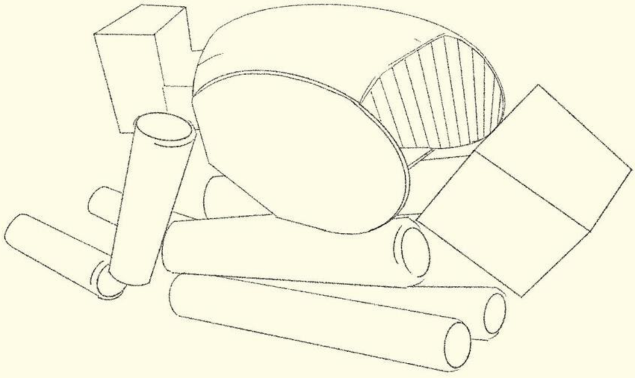


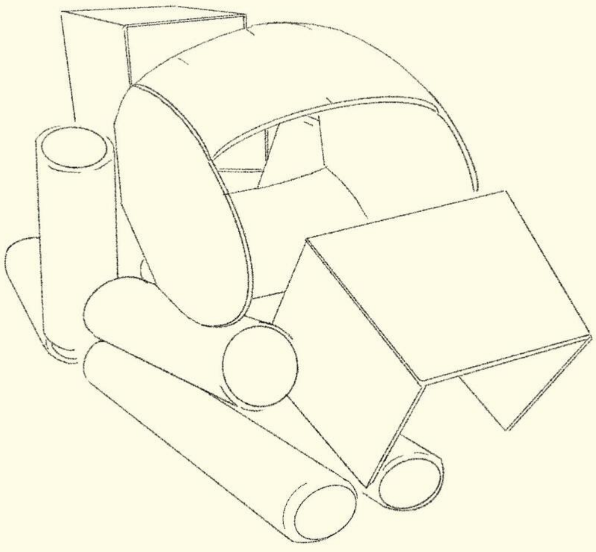


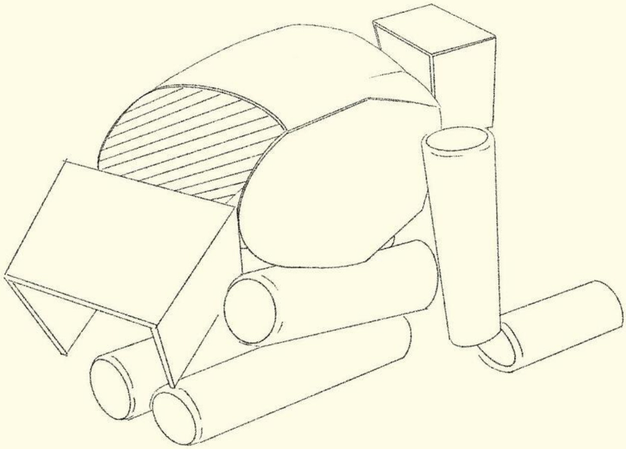


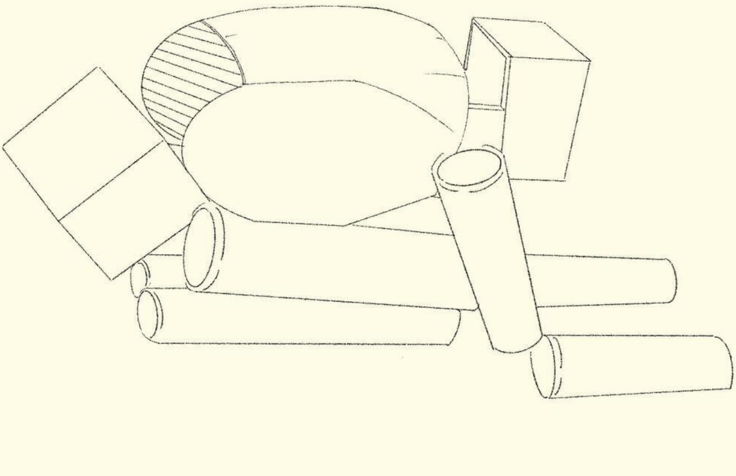
Pose 3

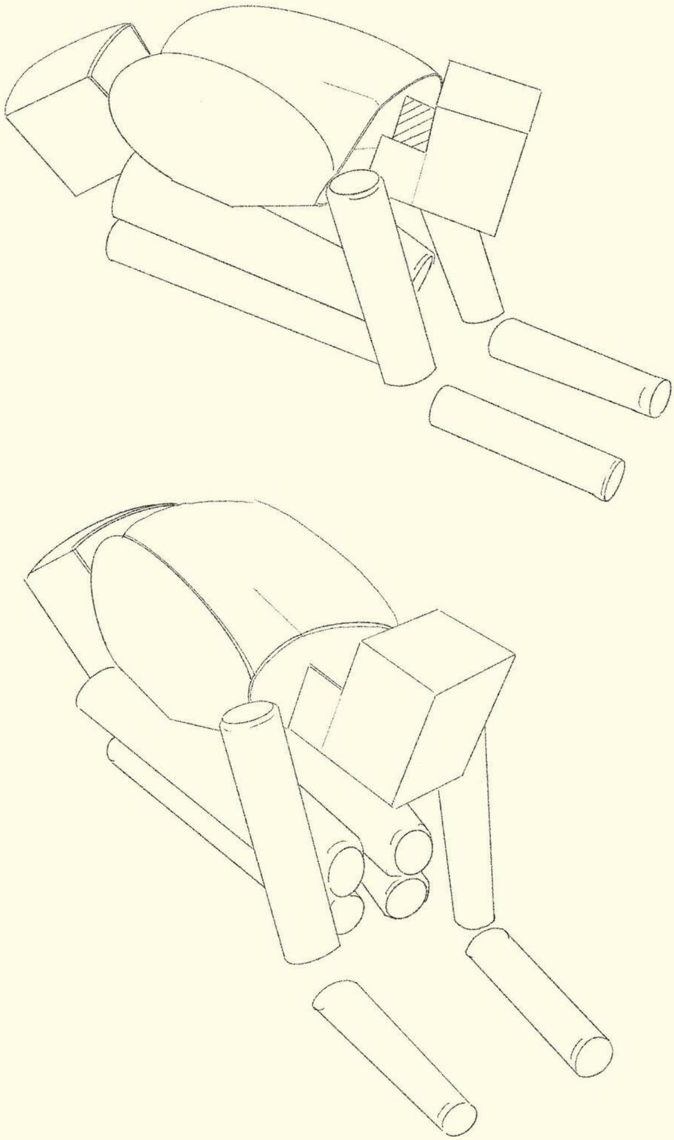


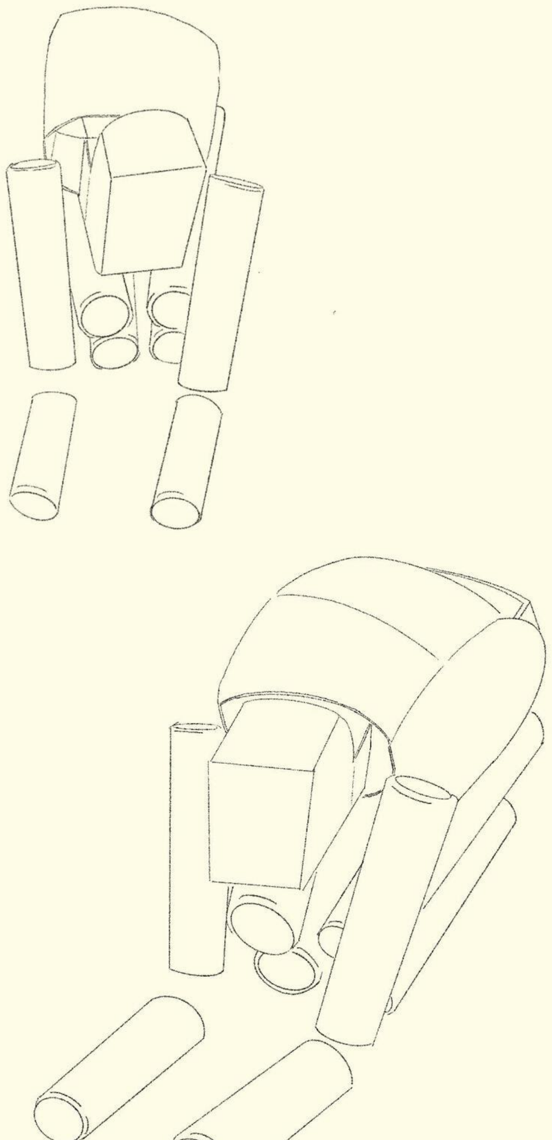


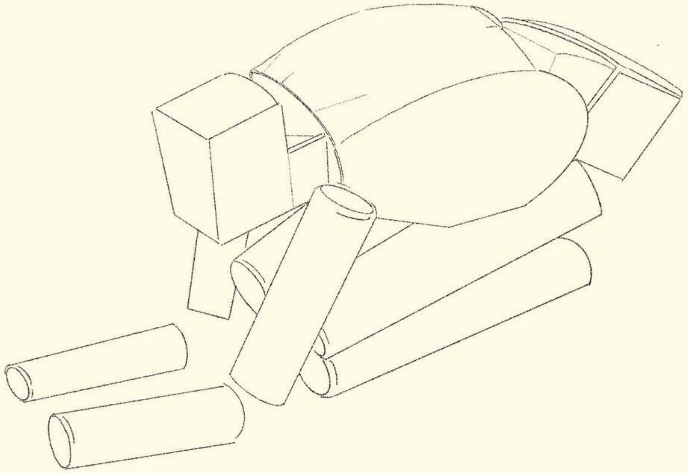


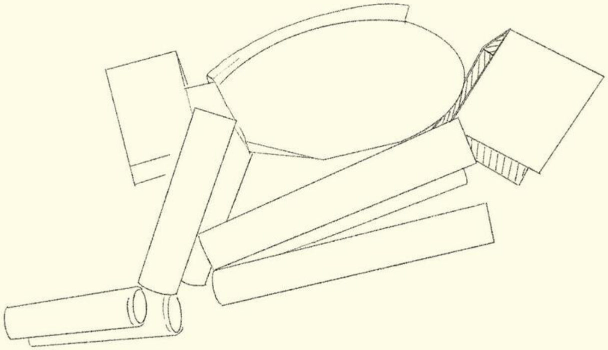


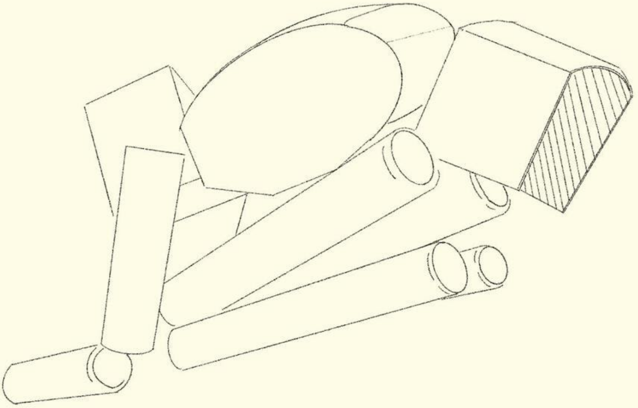


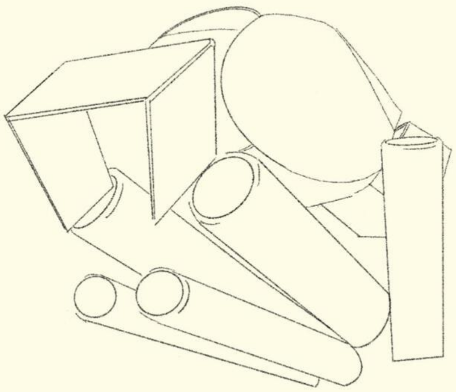


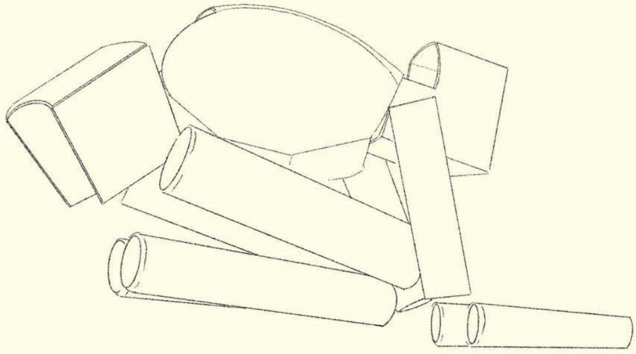


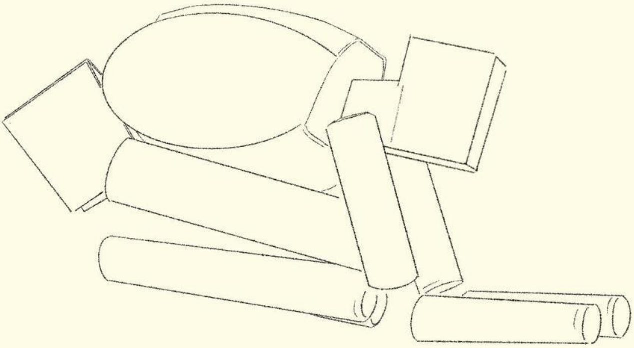


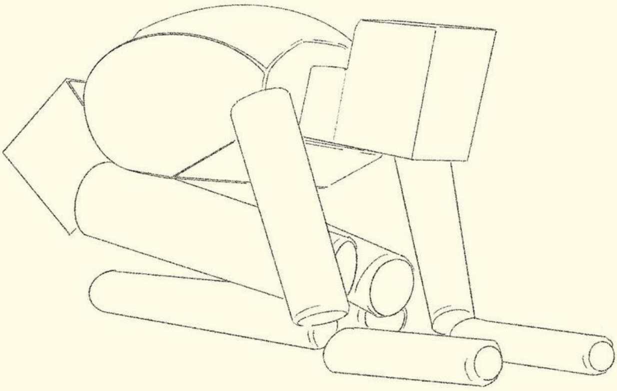


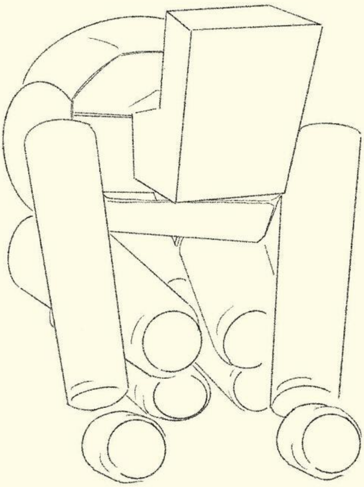


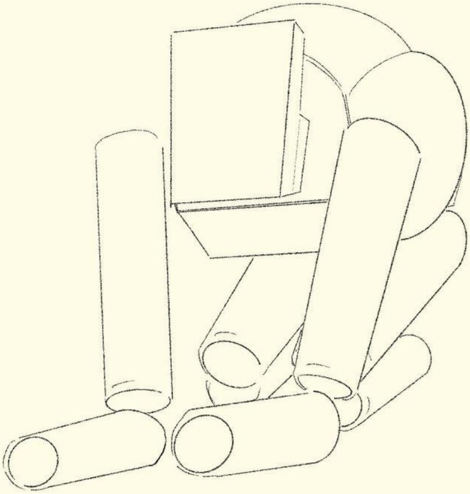


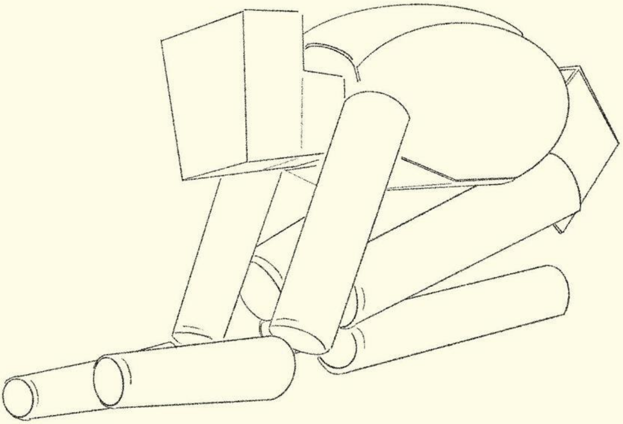


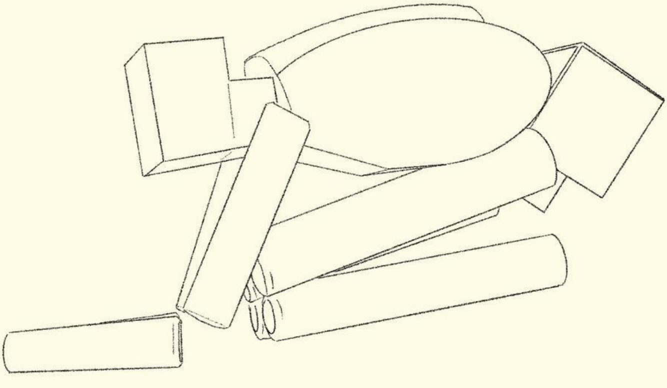


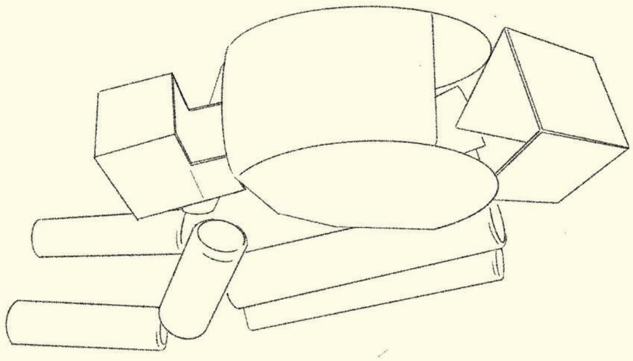


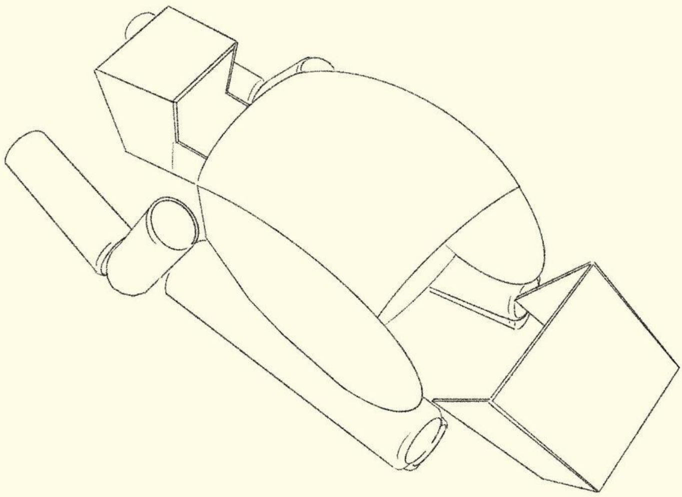


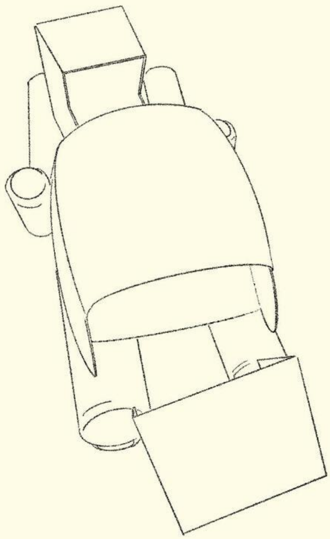


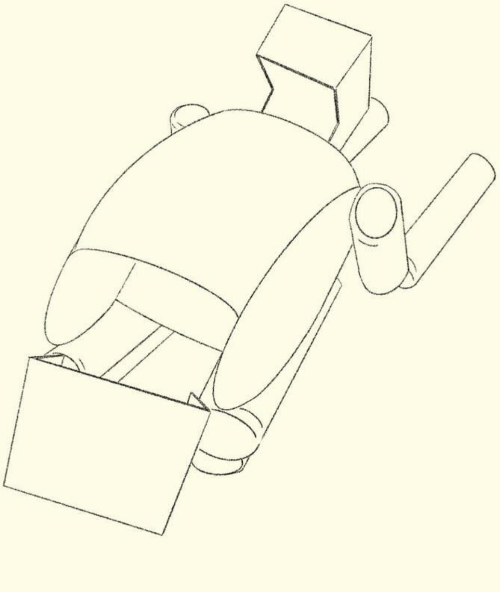


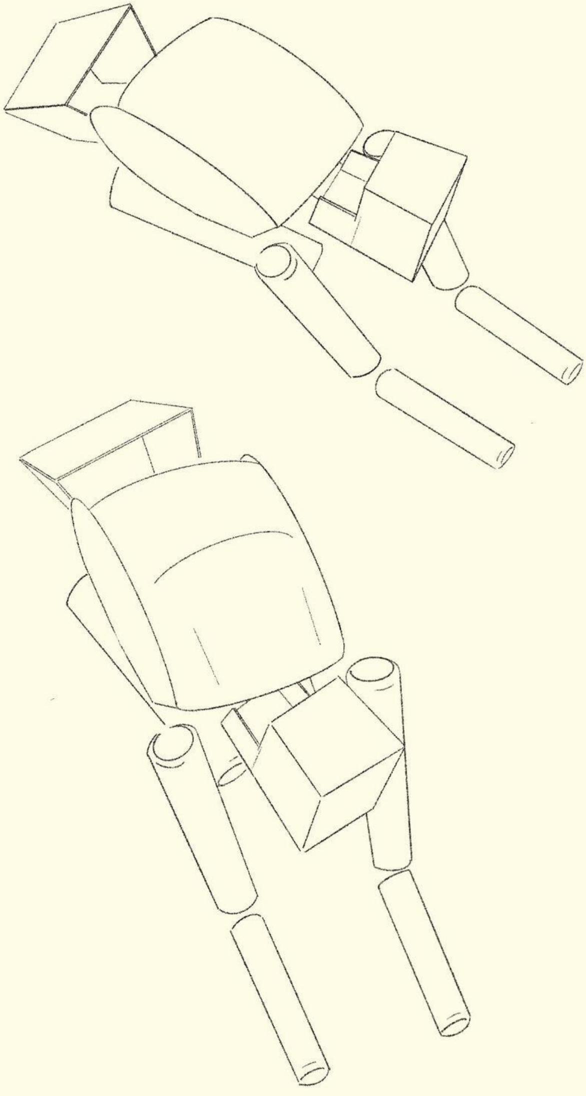


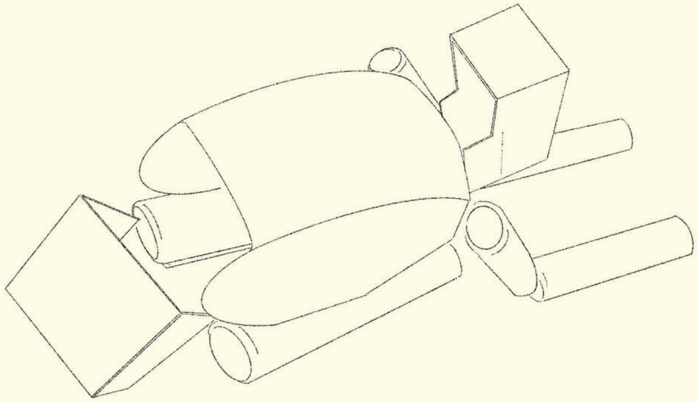


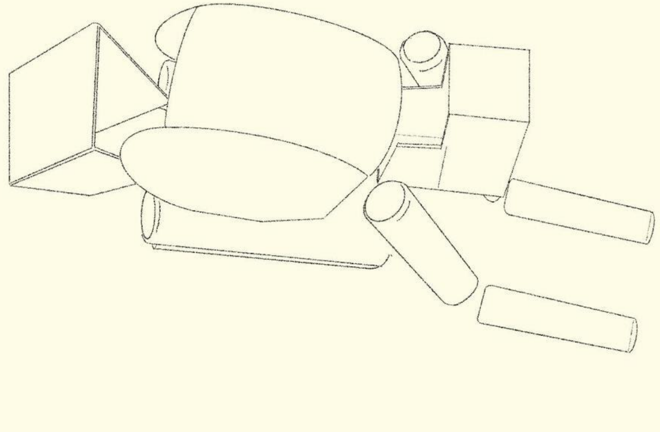




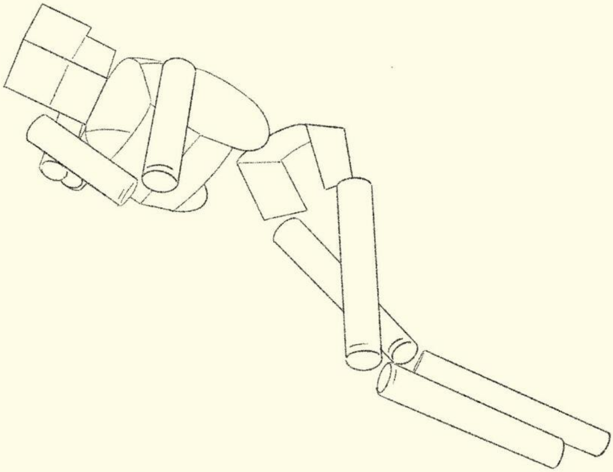


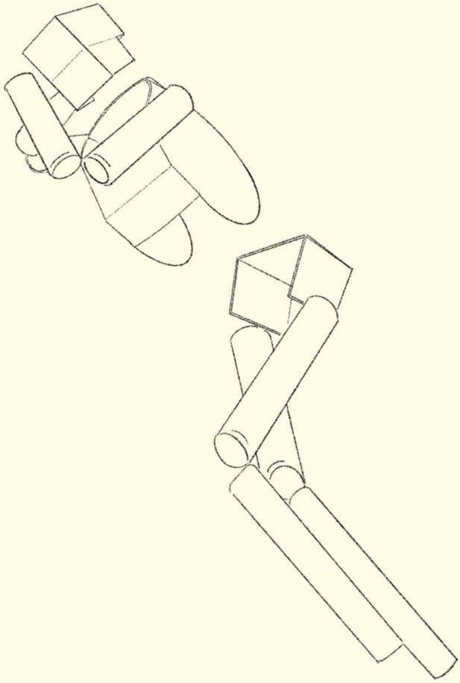


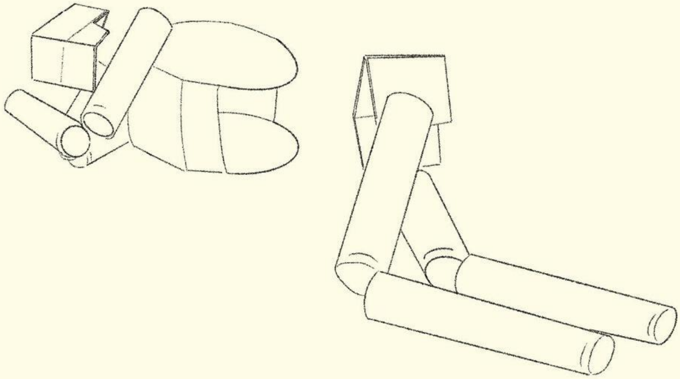


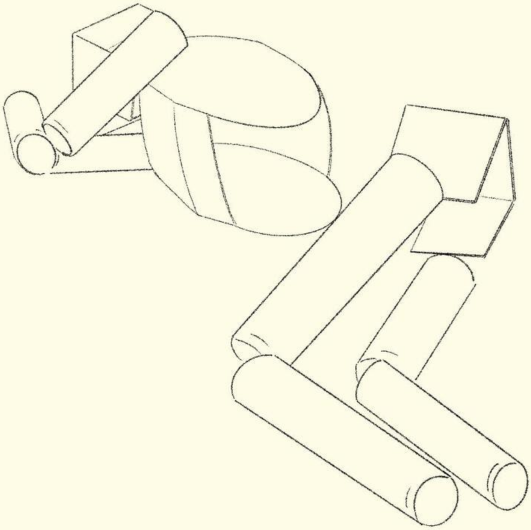


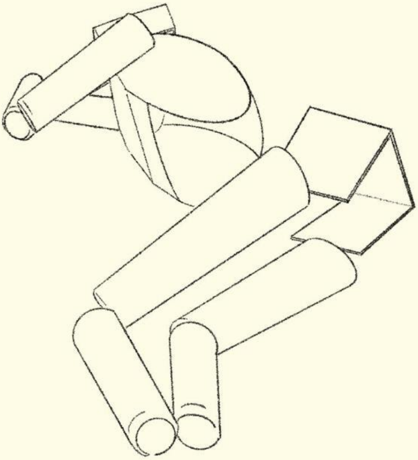
Pose 4

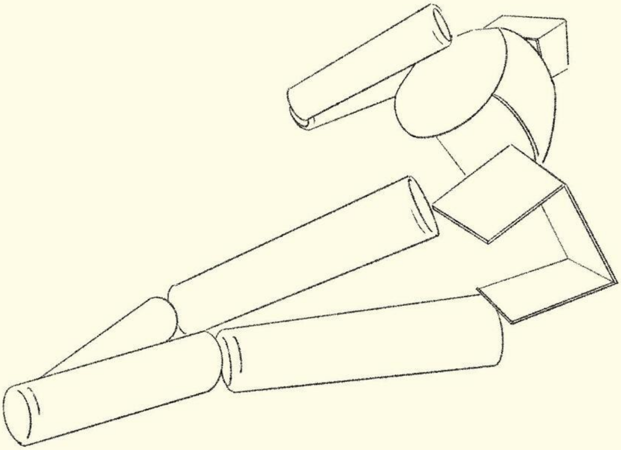


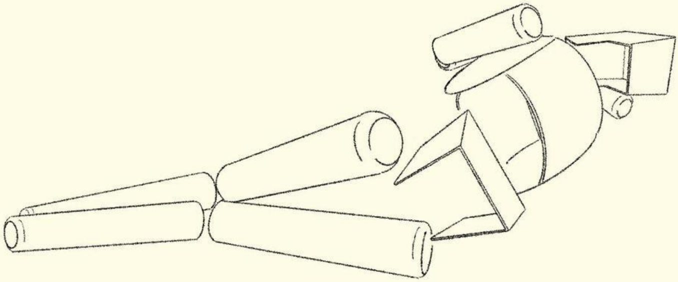


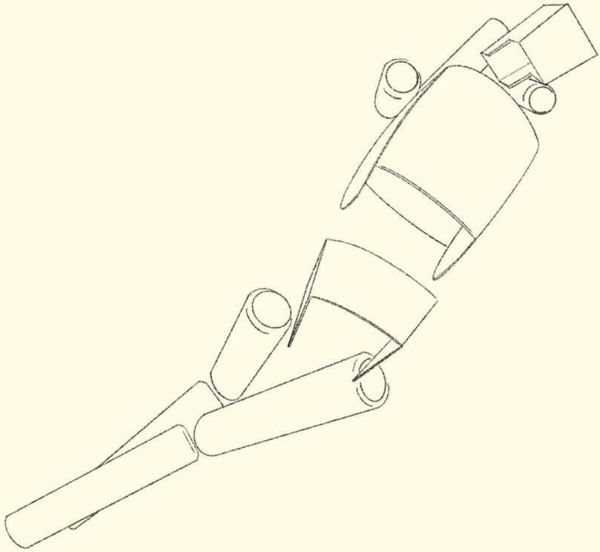


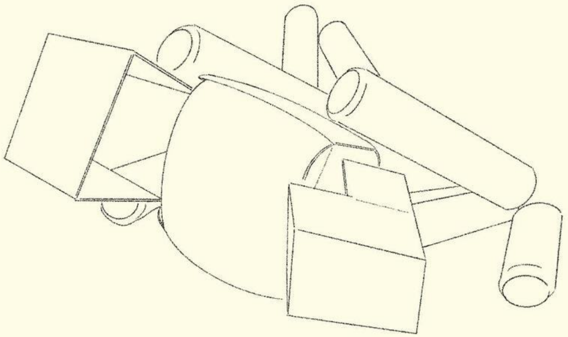


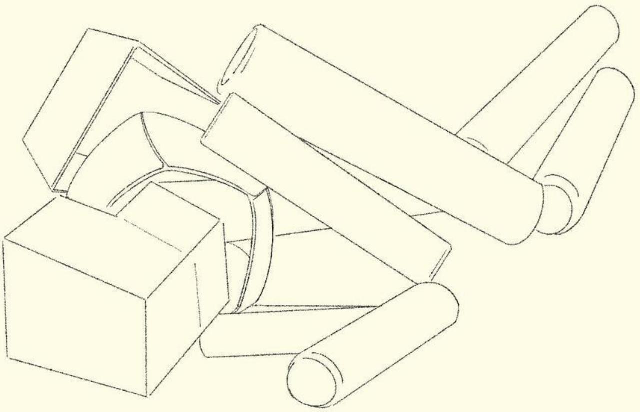


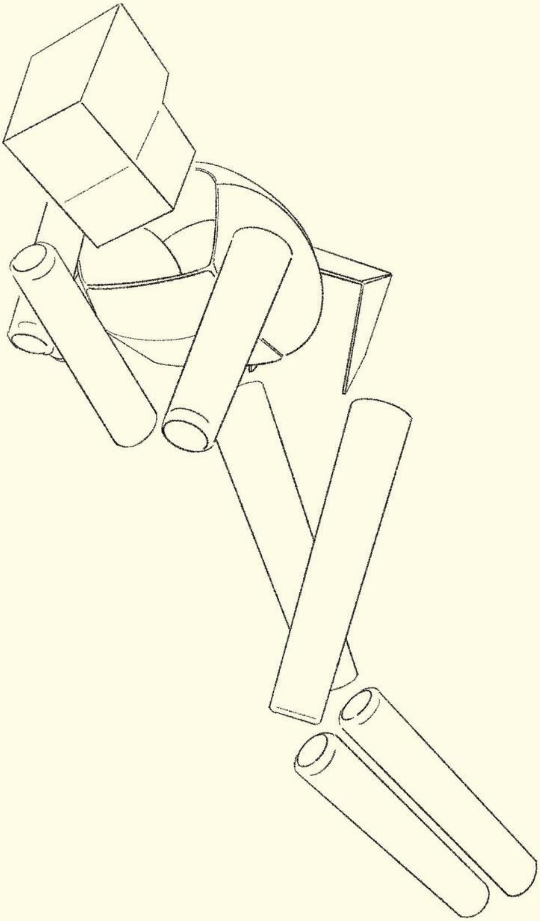


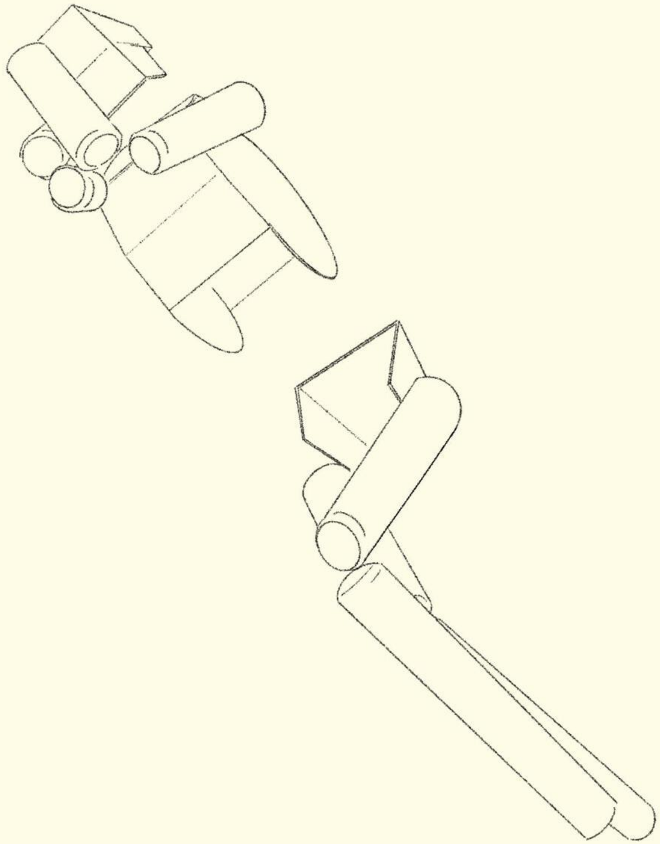


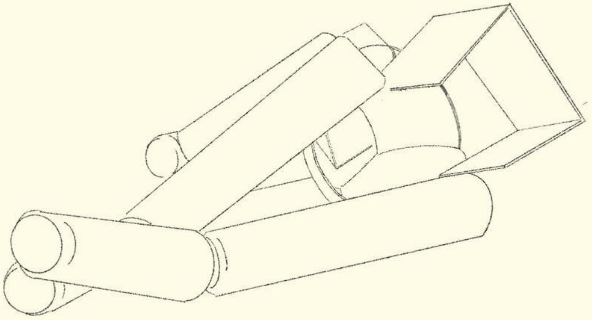


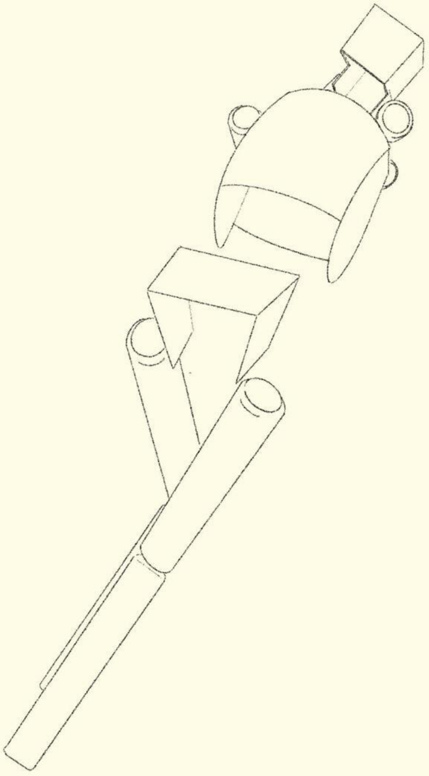


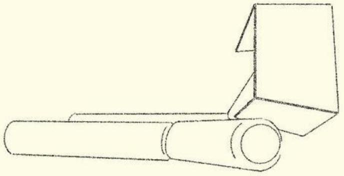


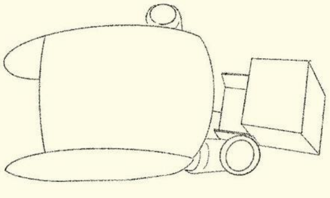


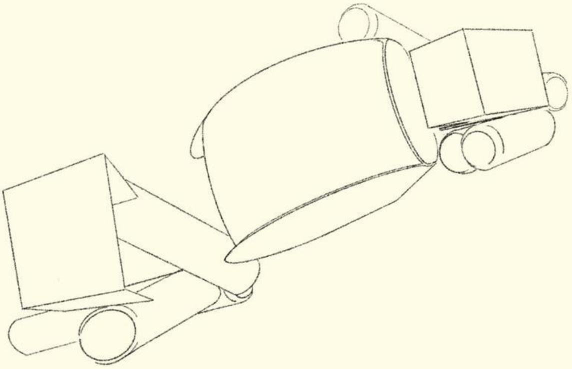


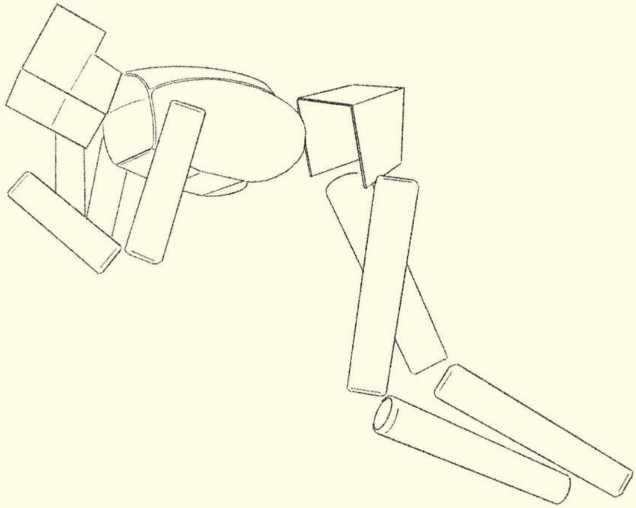


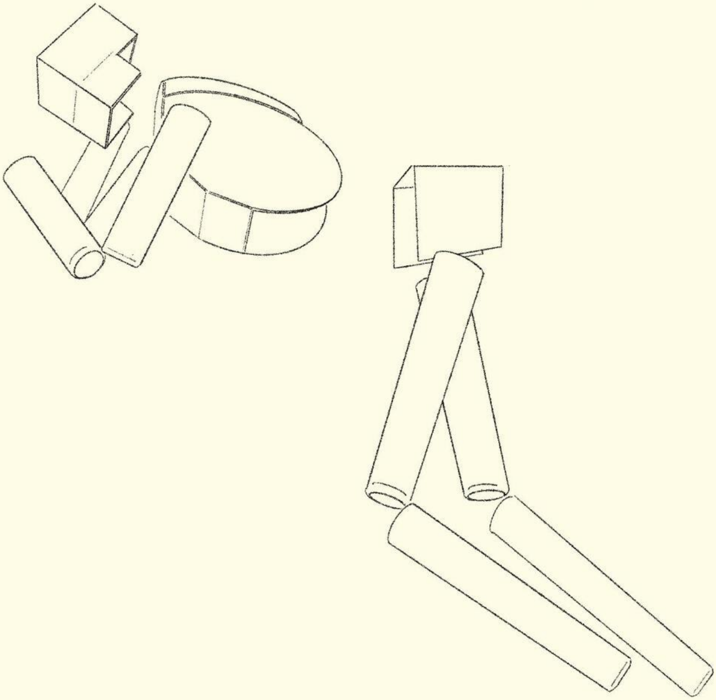


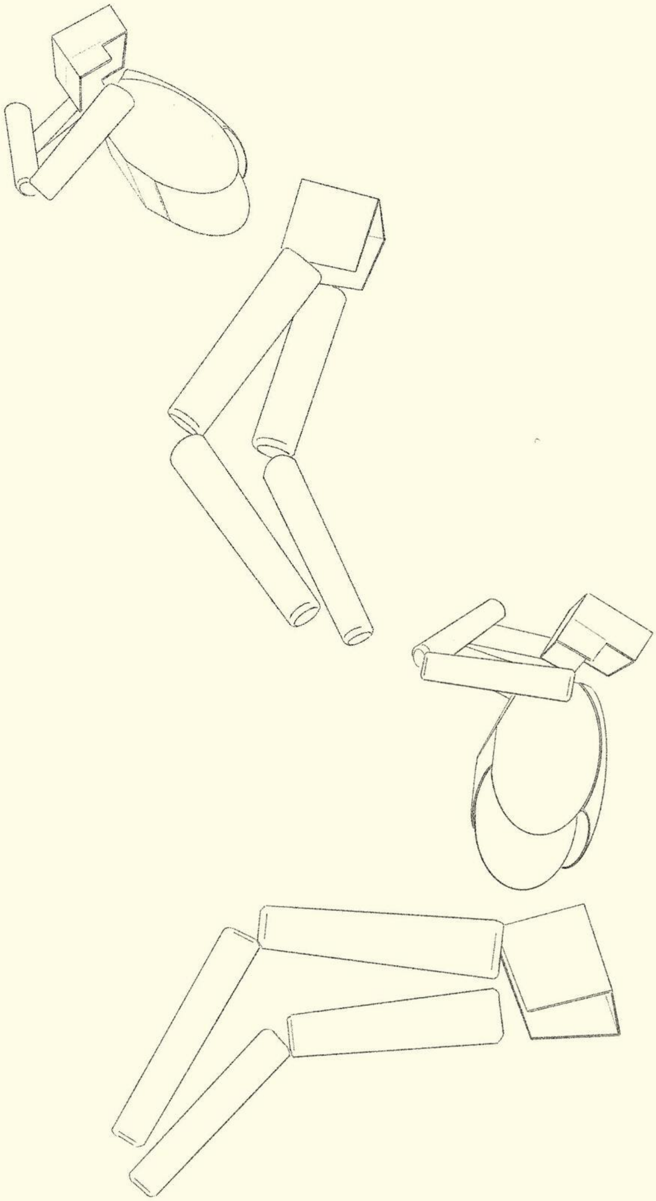


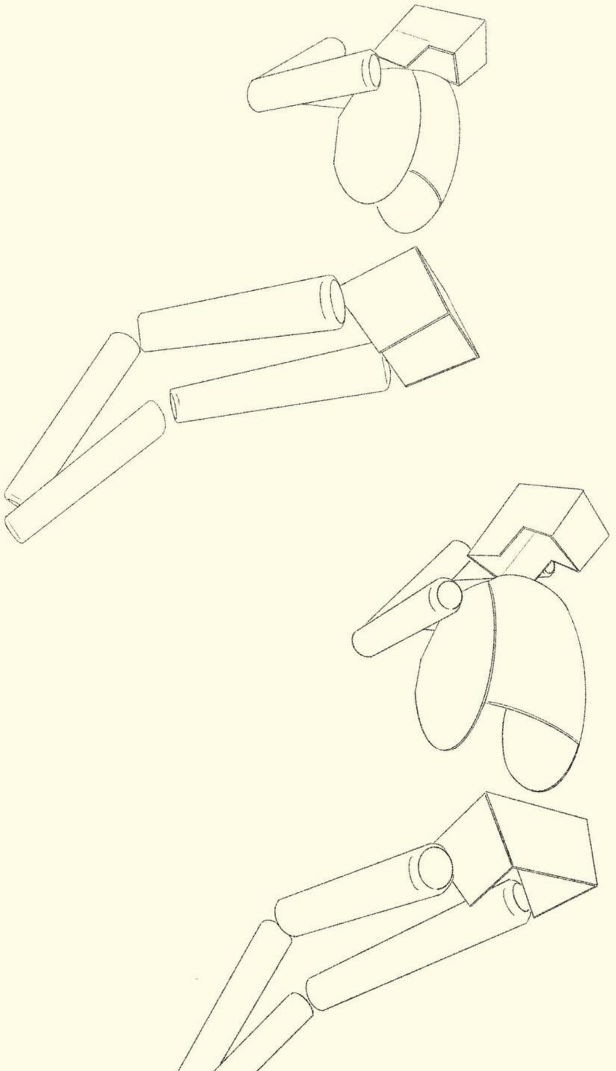


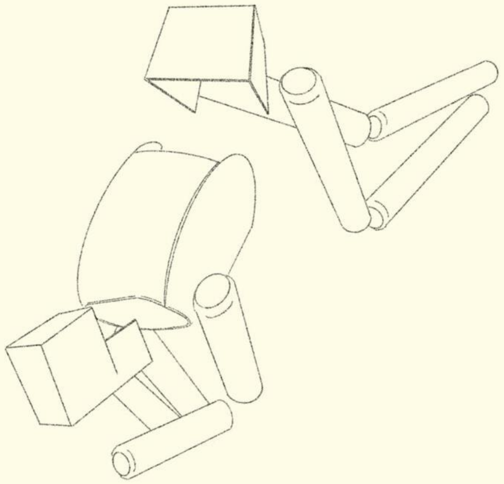


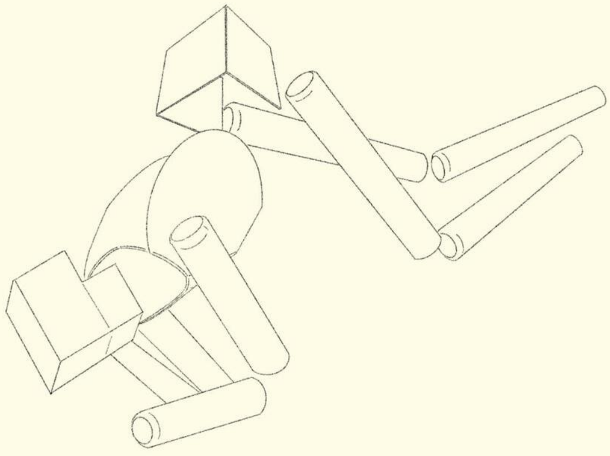


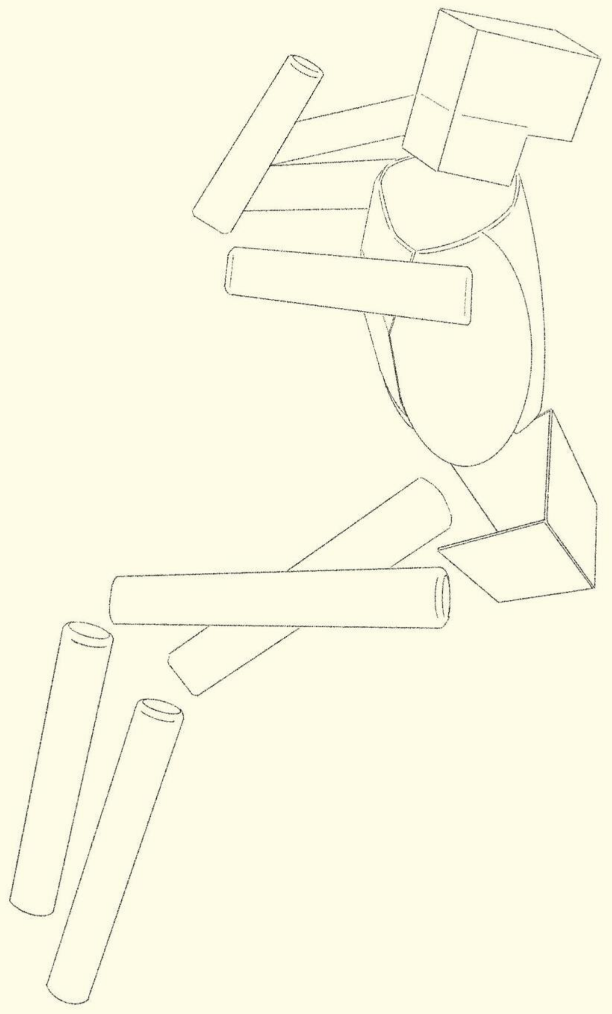


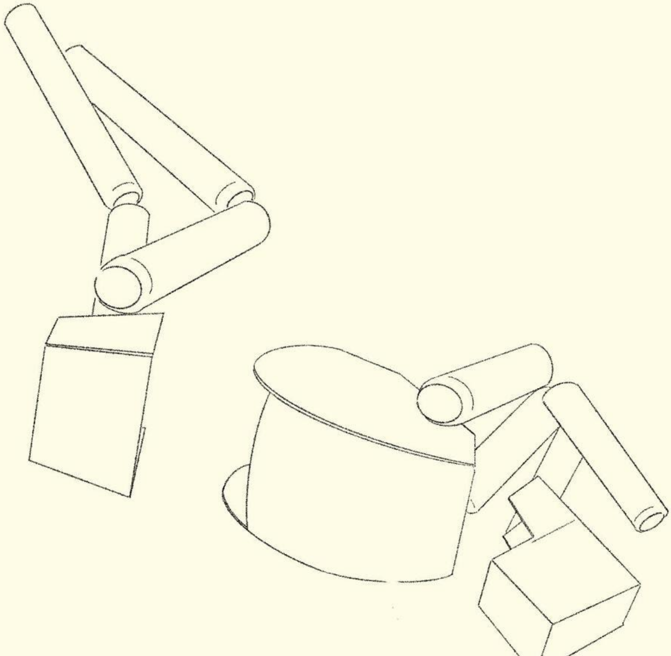




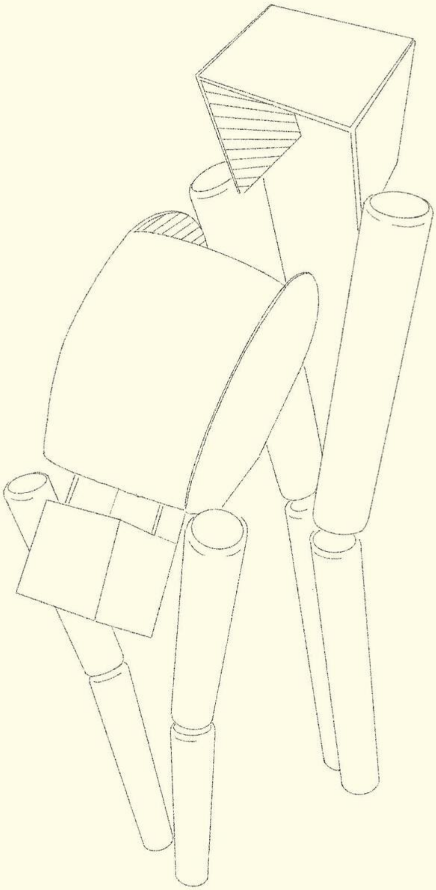


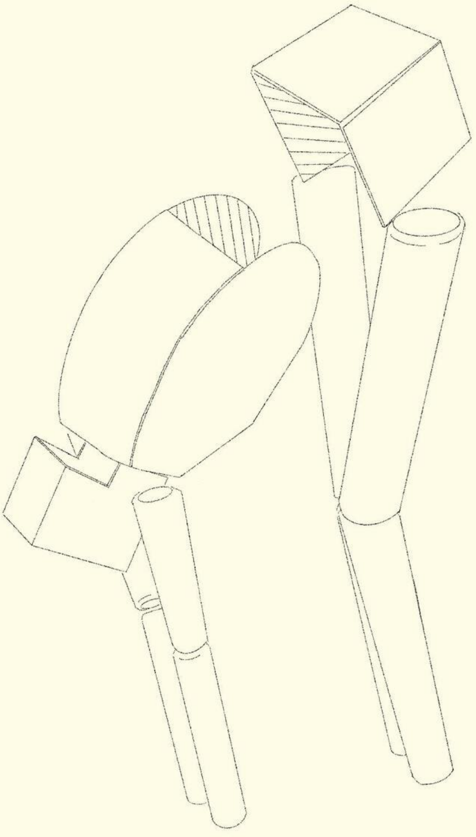


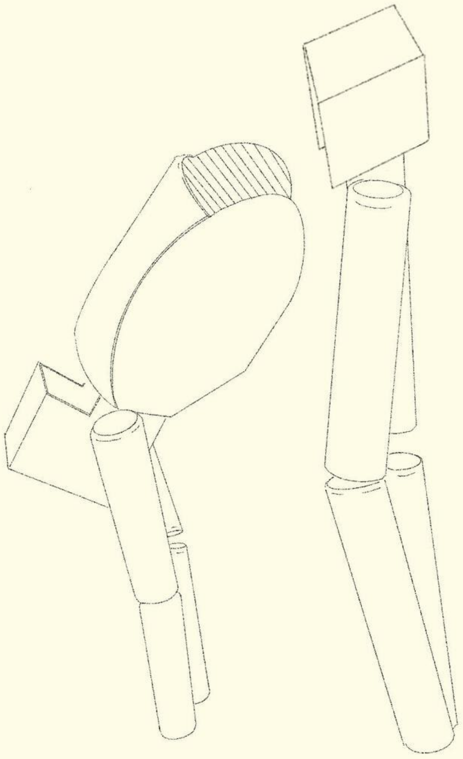


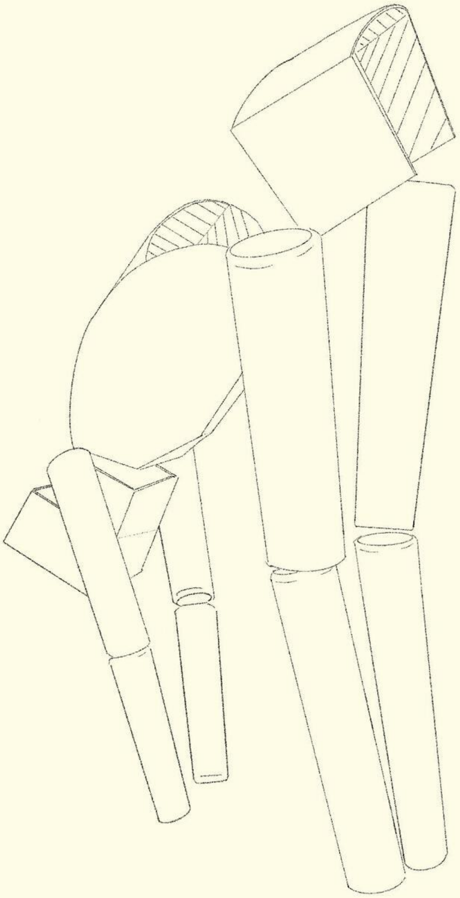


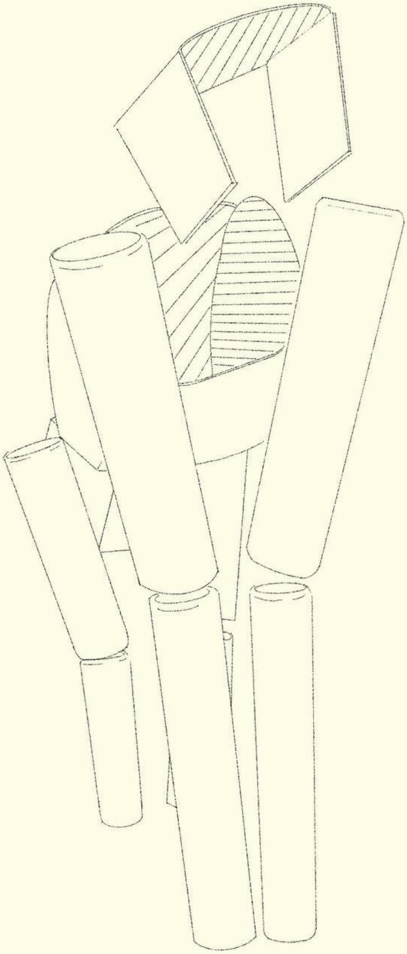
Pose 5

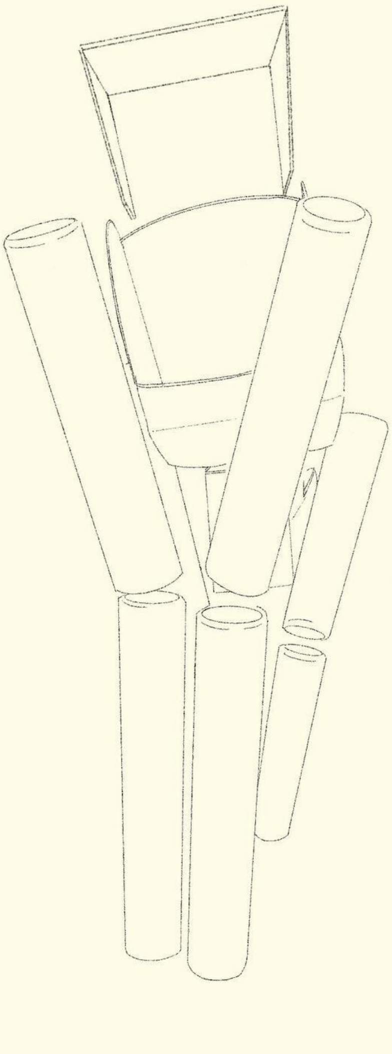


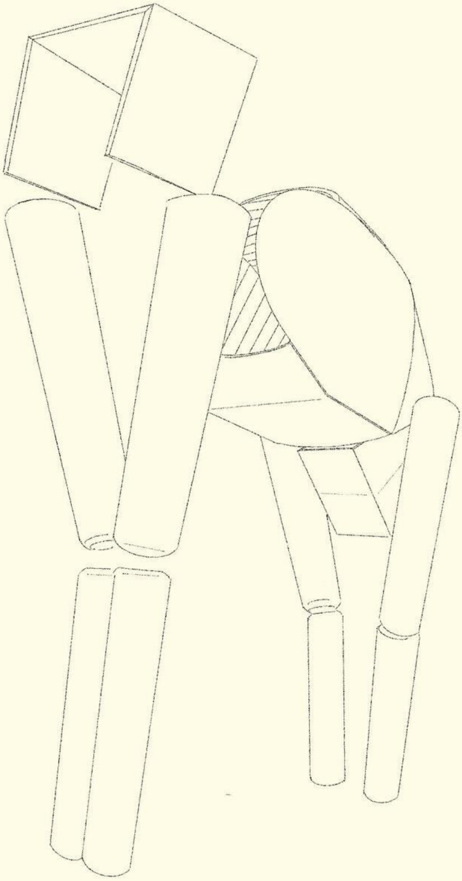


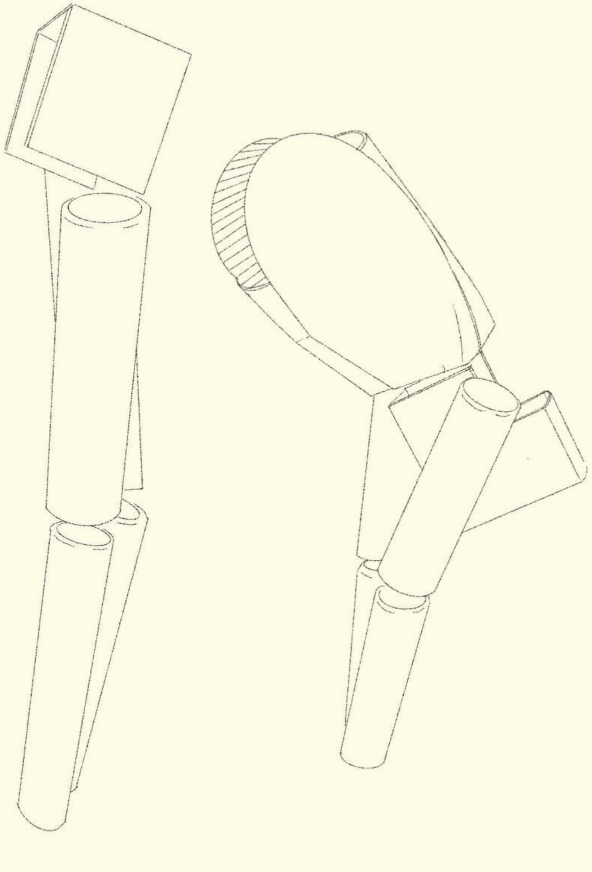


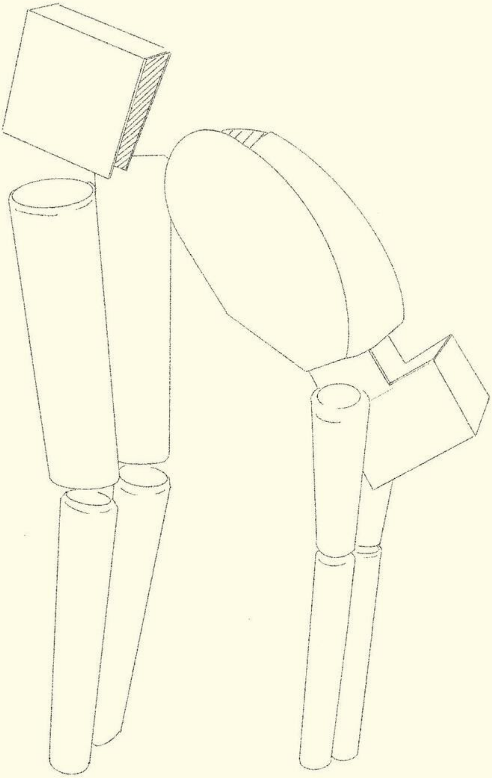


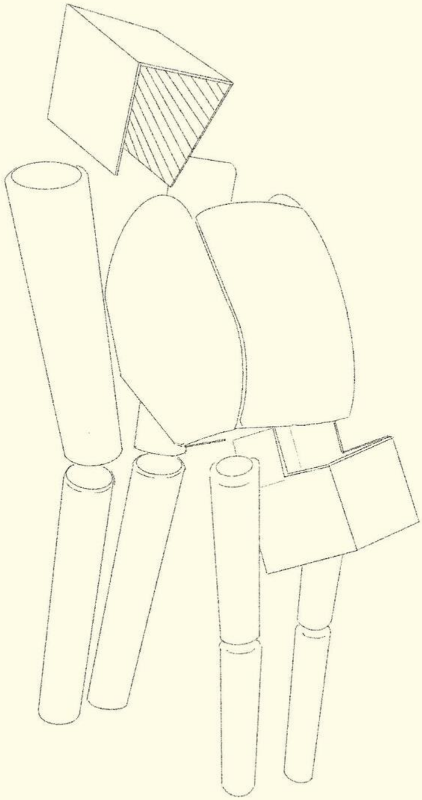


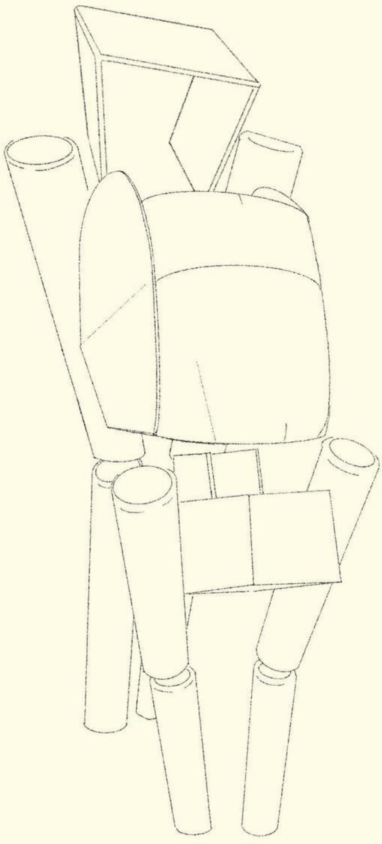


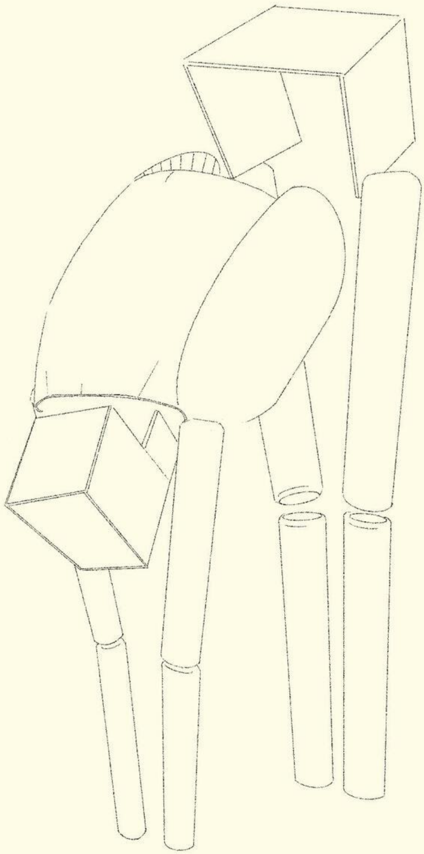


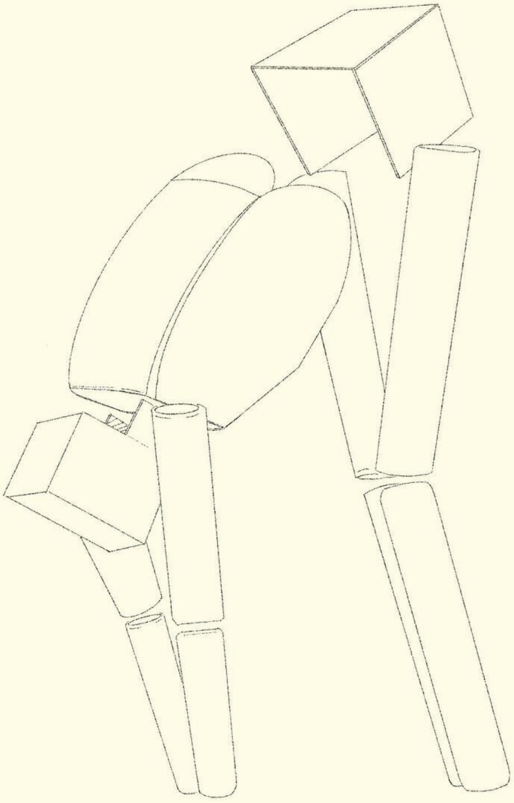


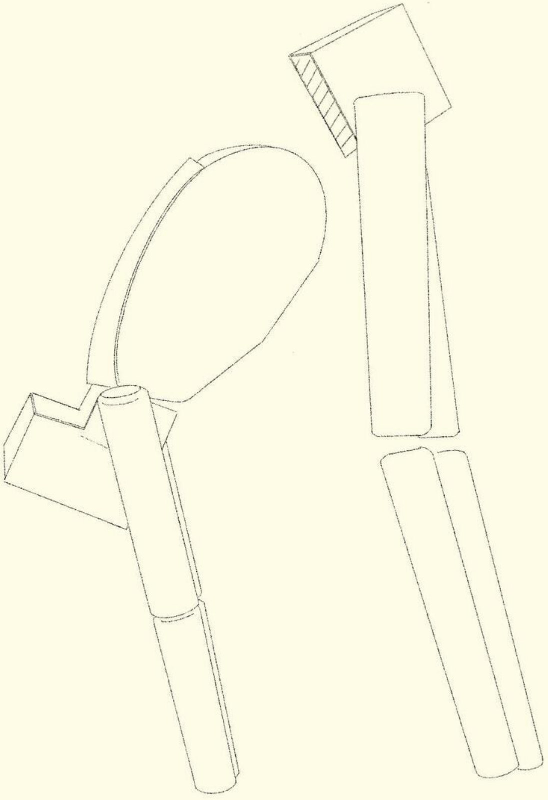


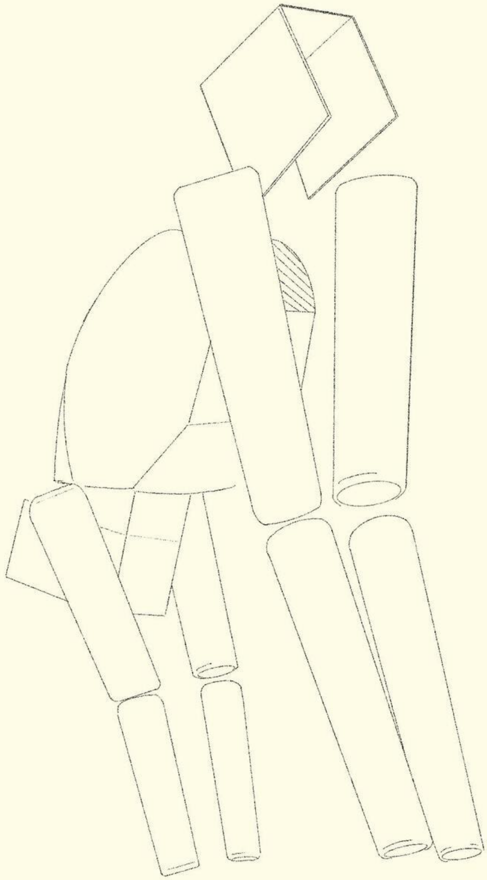


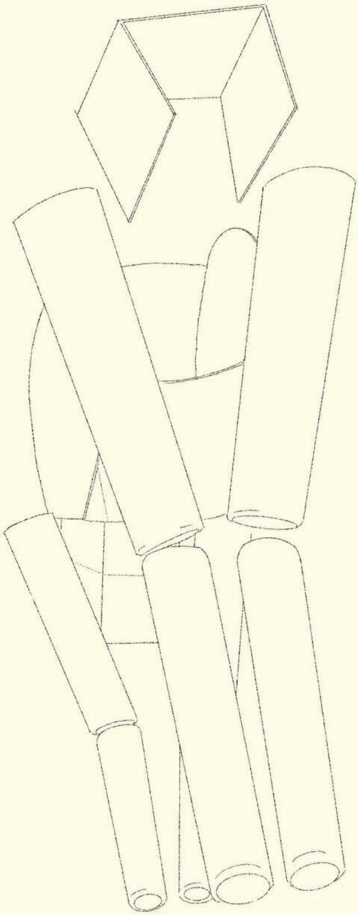


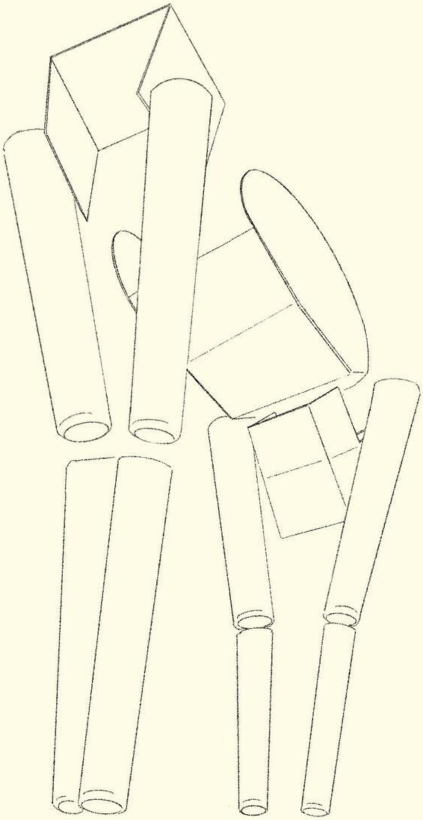


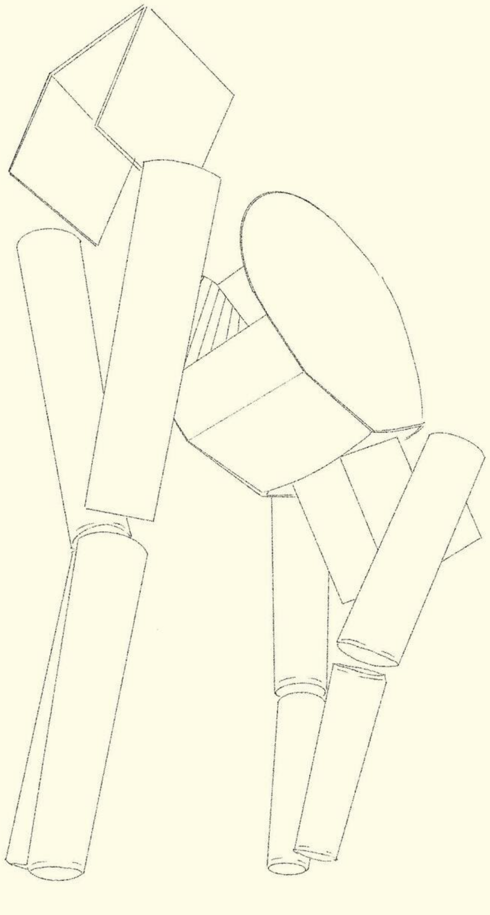


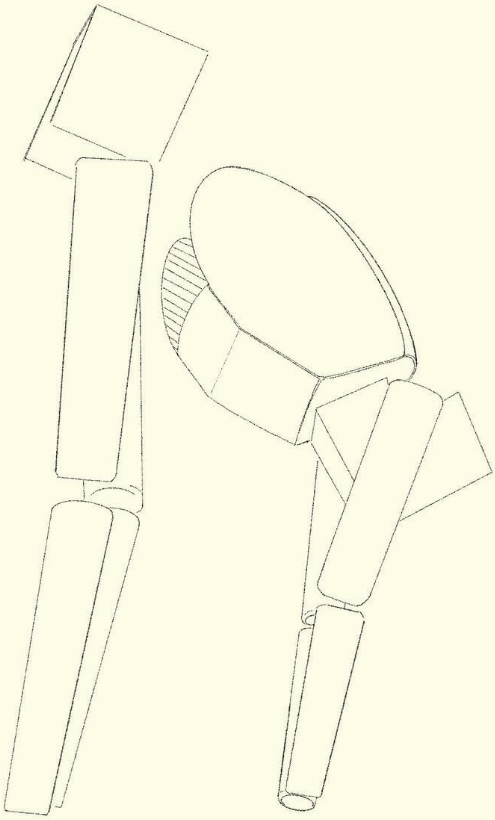


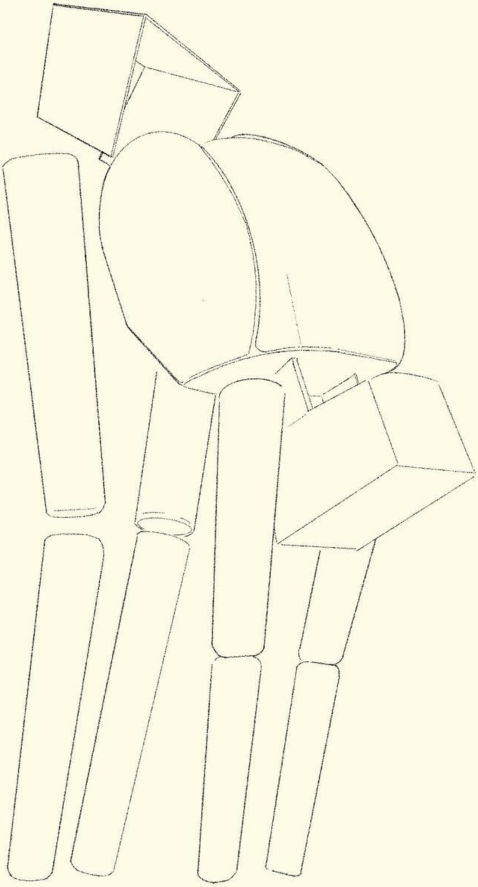


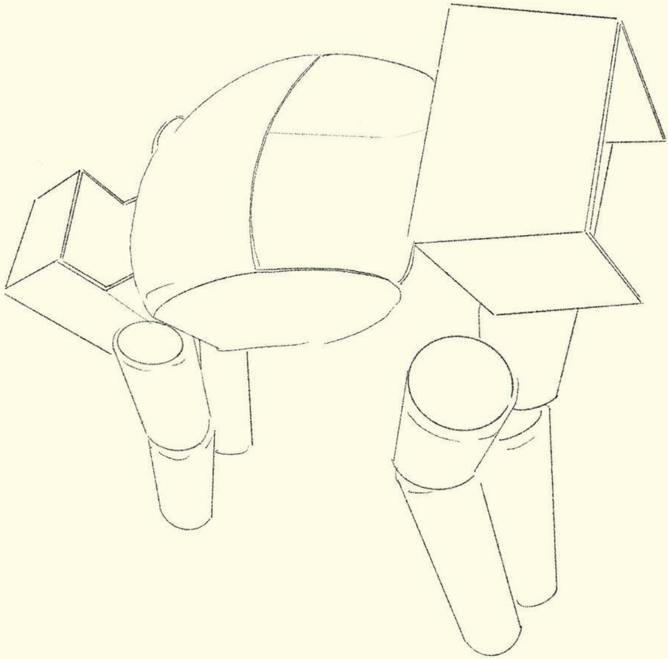


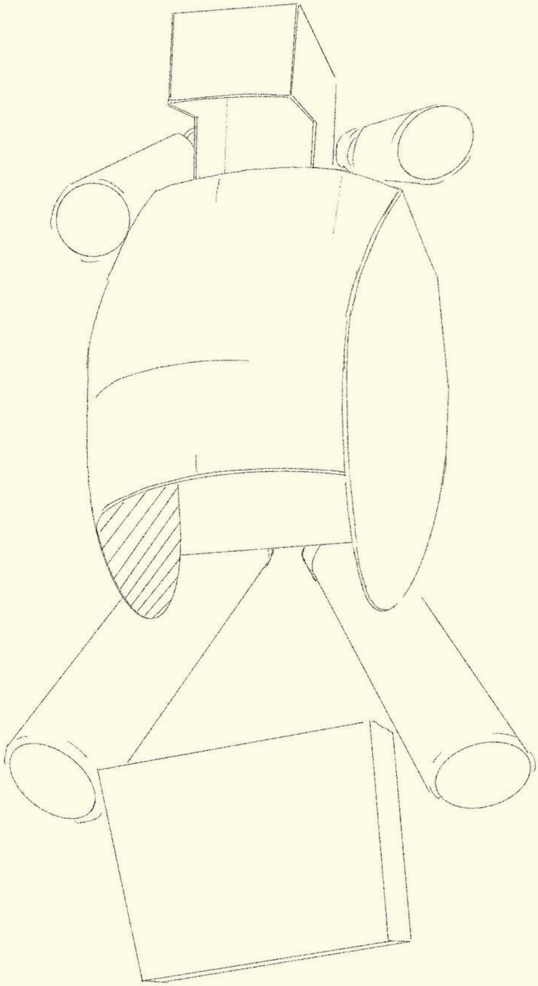




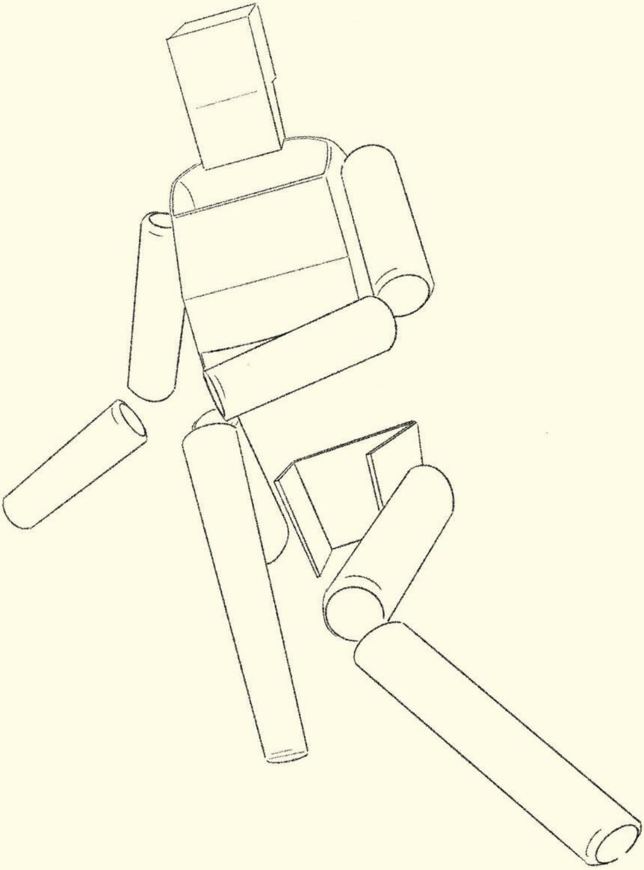


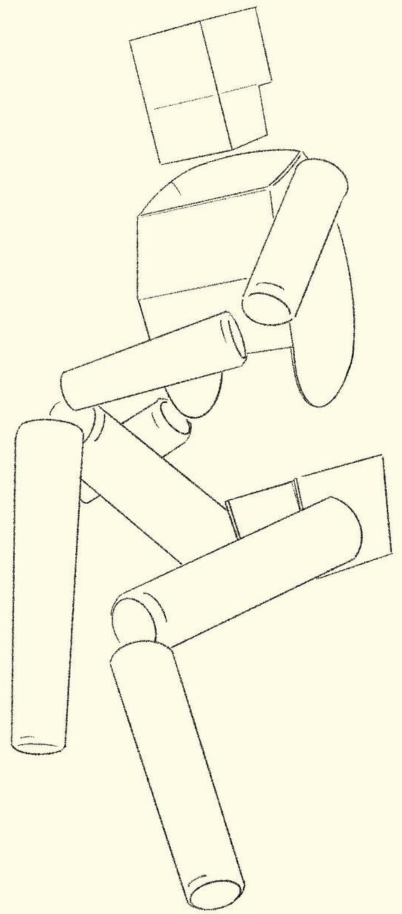


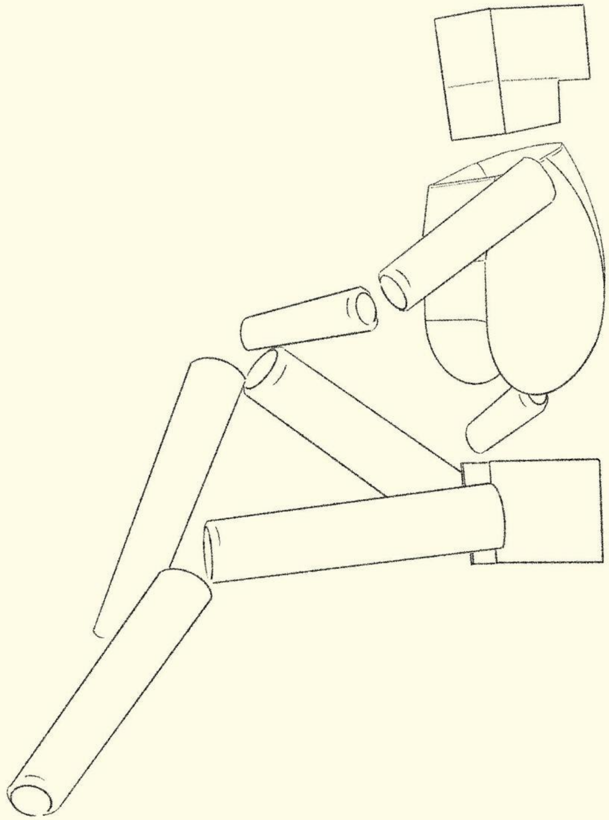


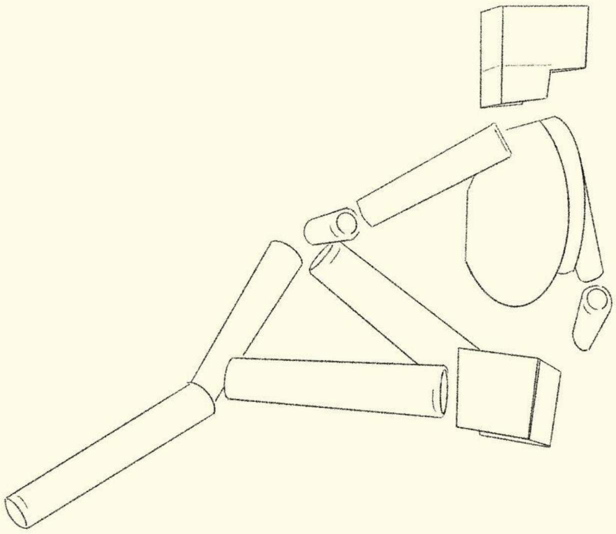


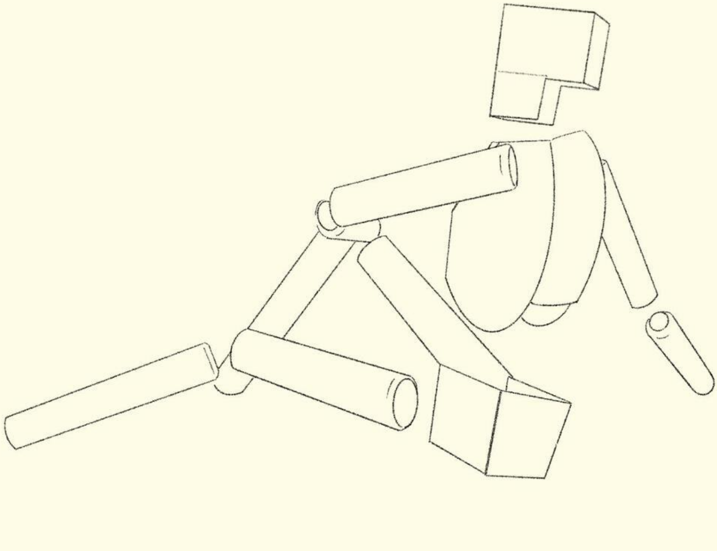
Pose 6

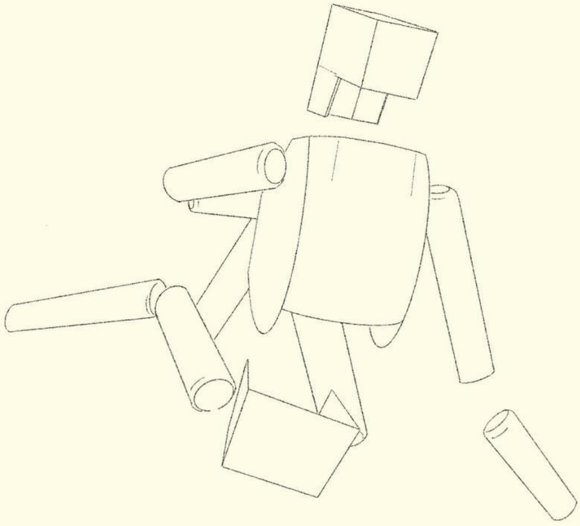


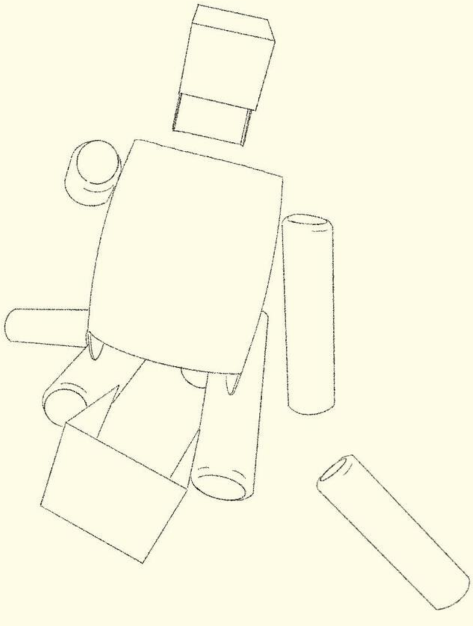


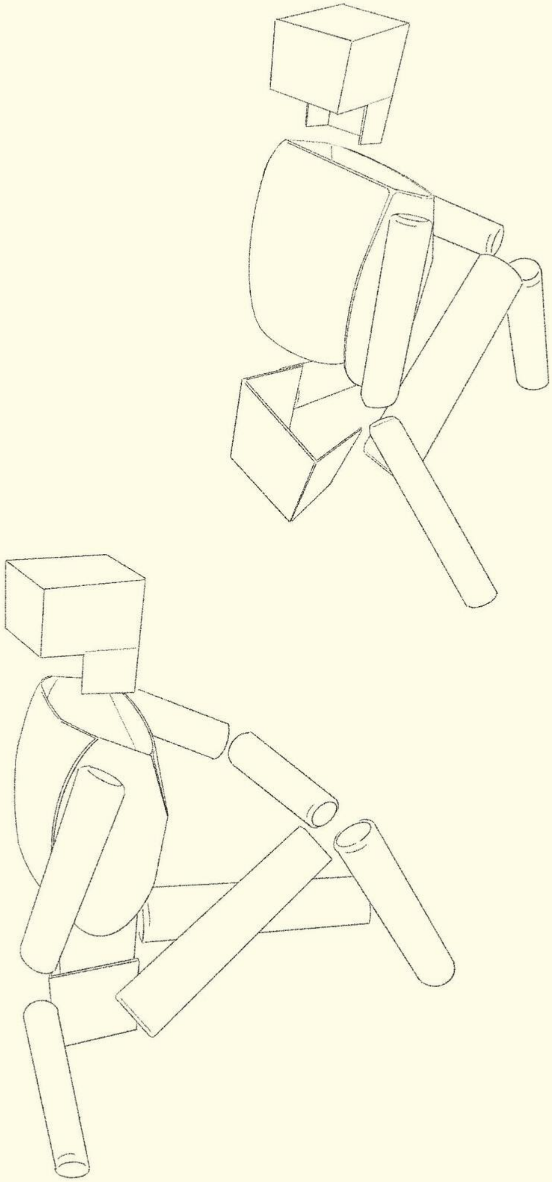


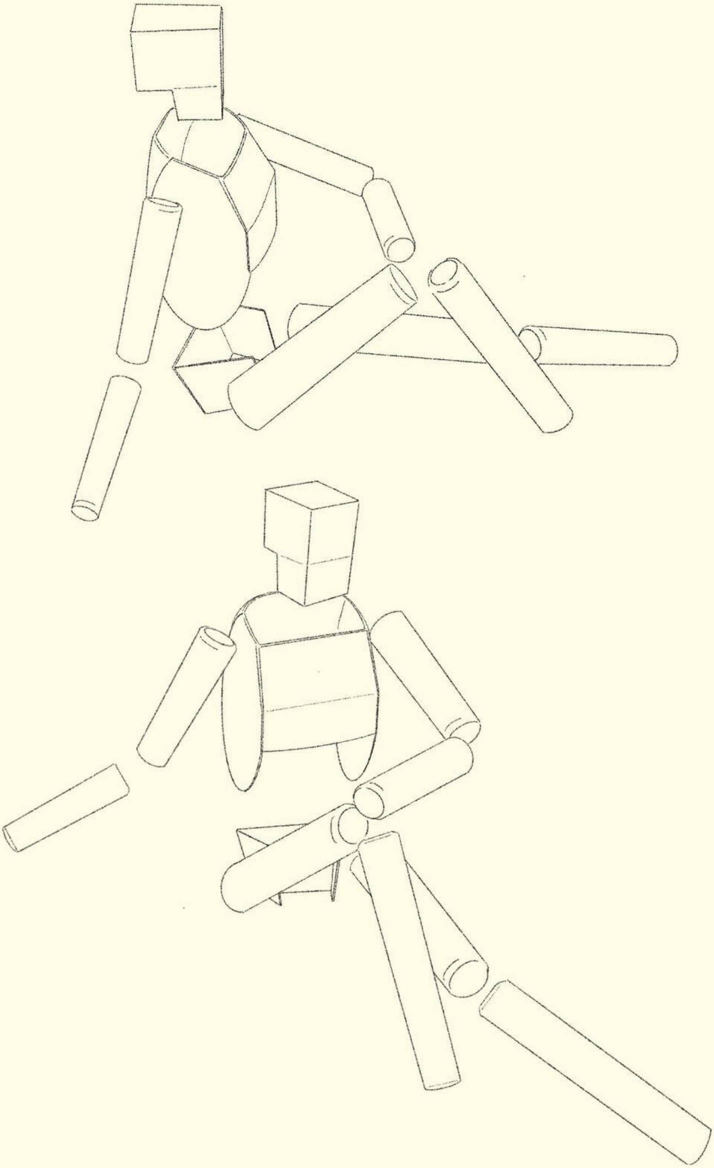


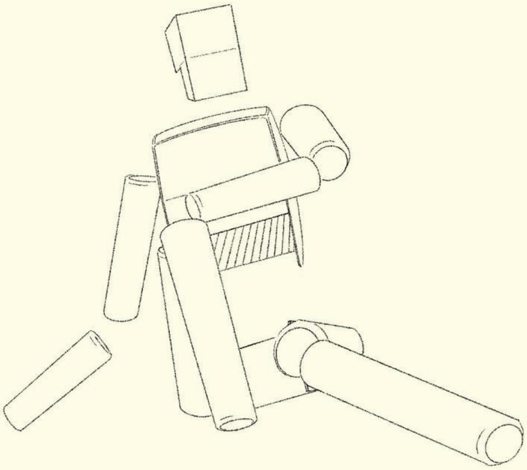


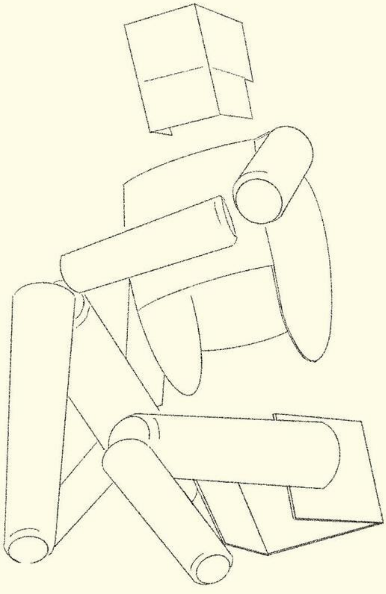


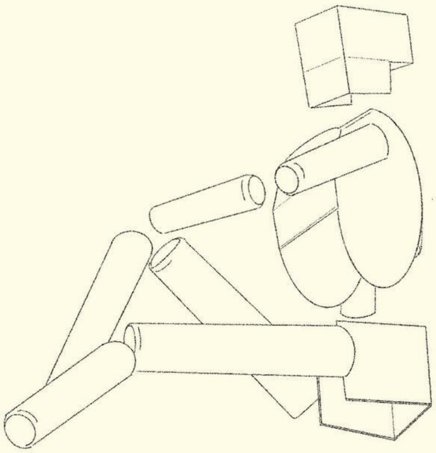


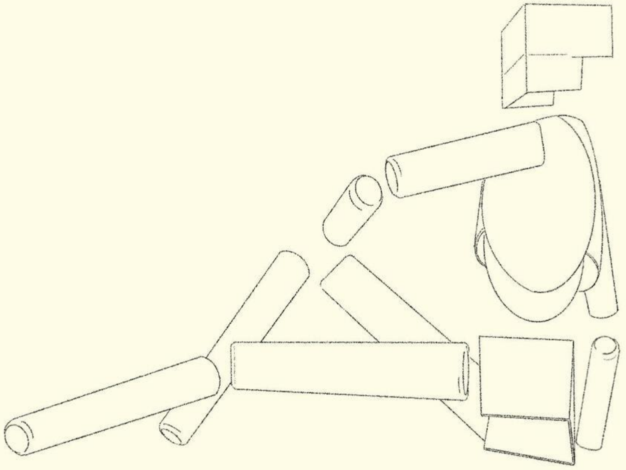


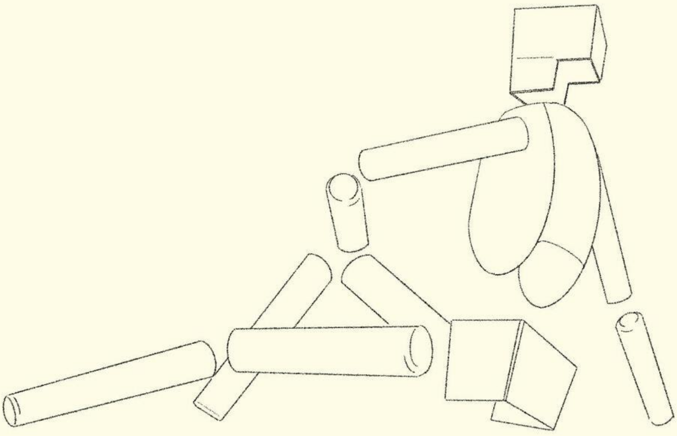


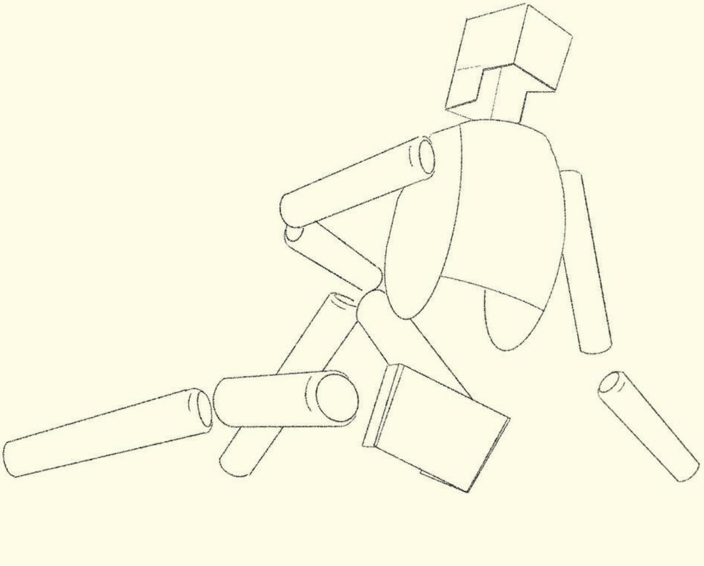


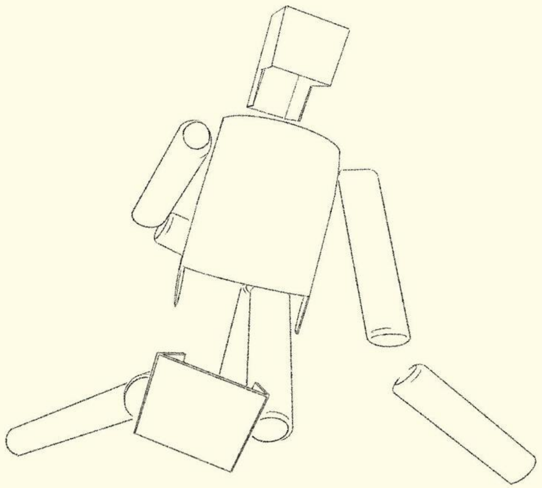


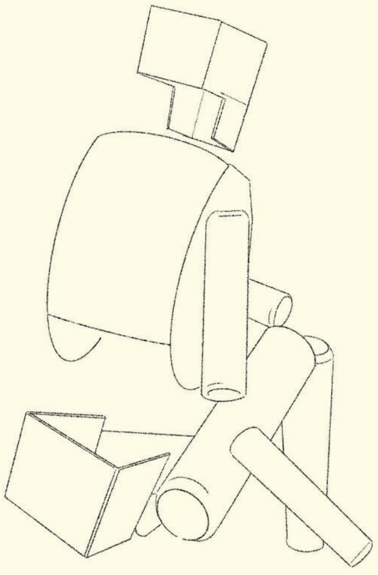


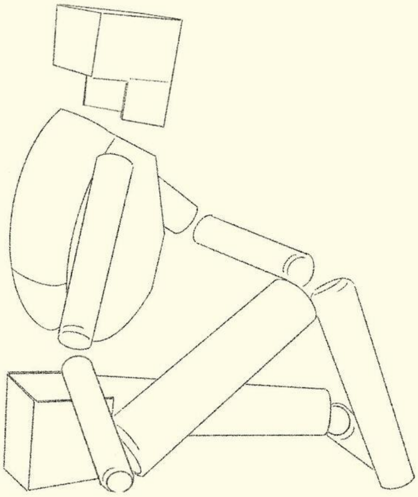


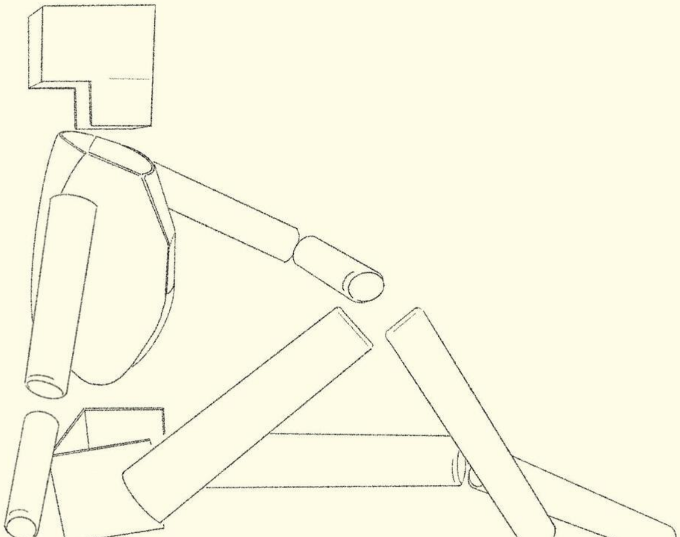


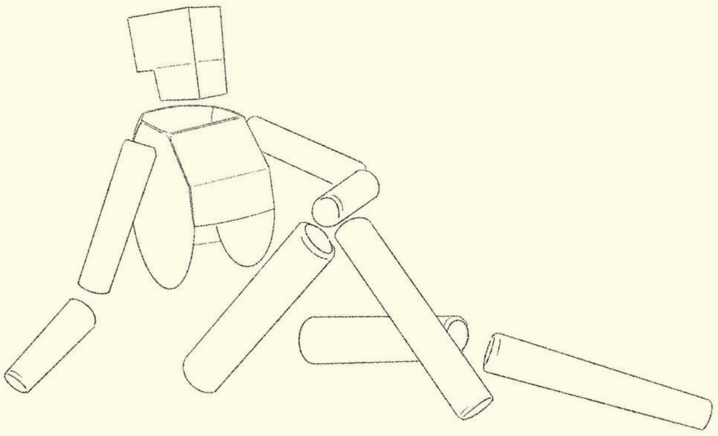


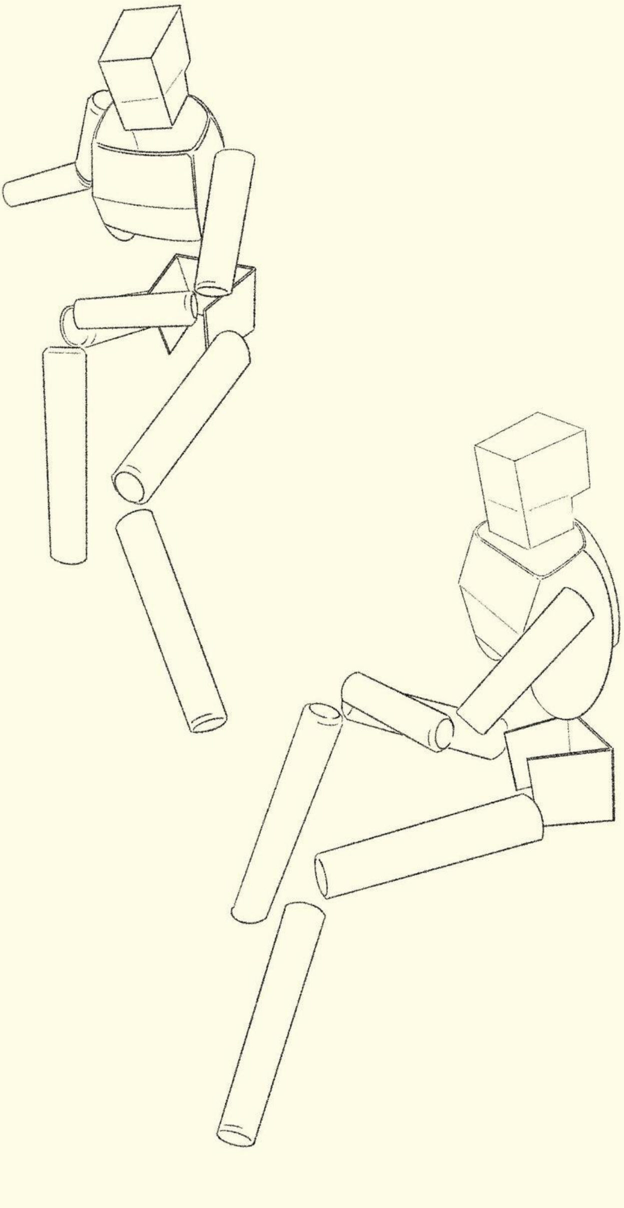


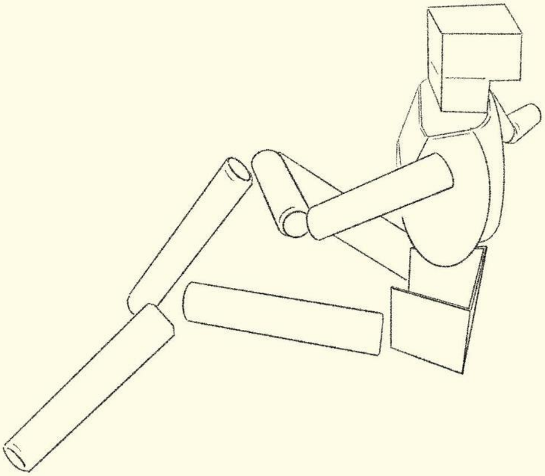


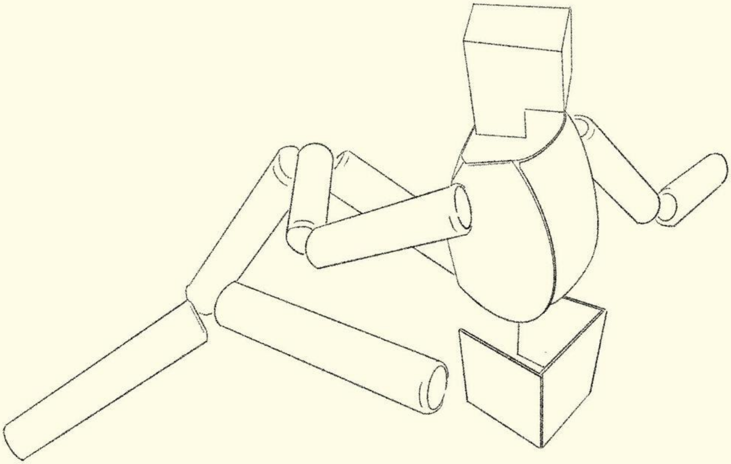


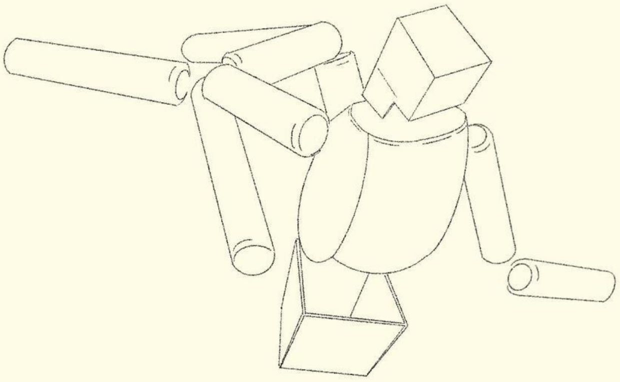


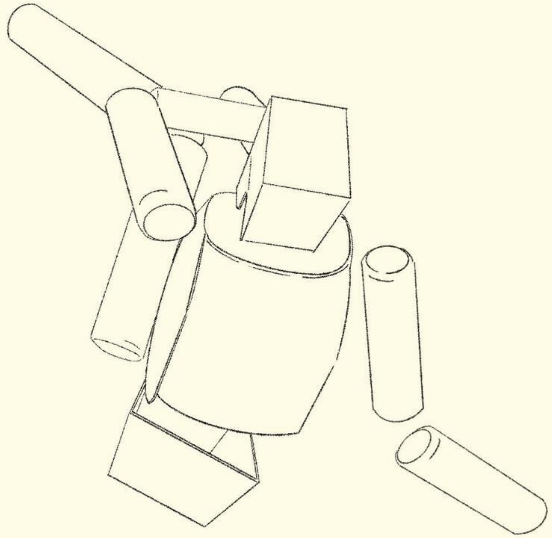


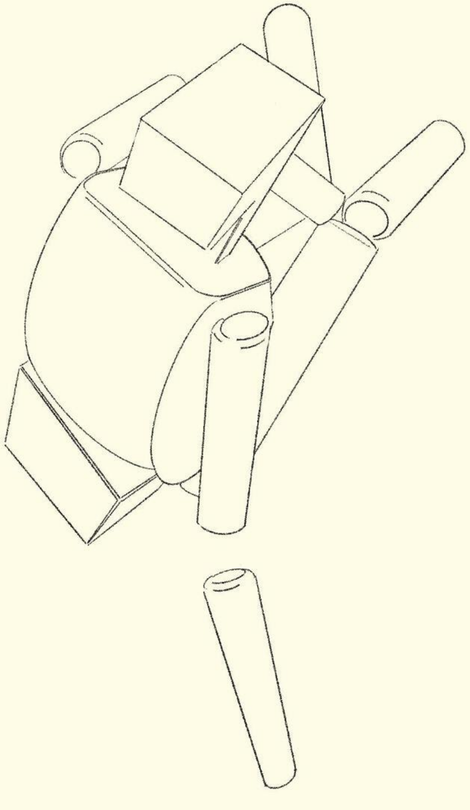


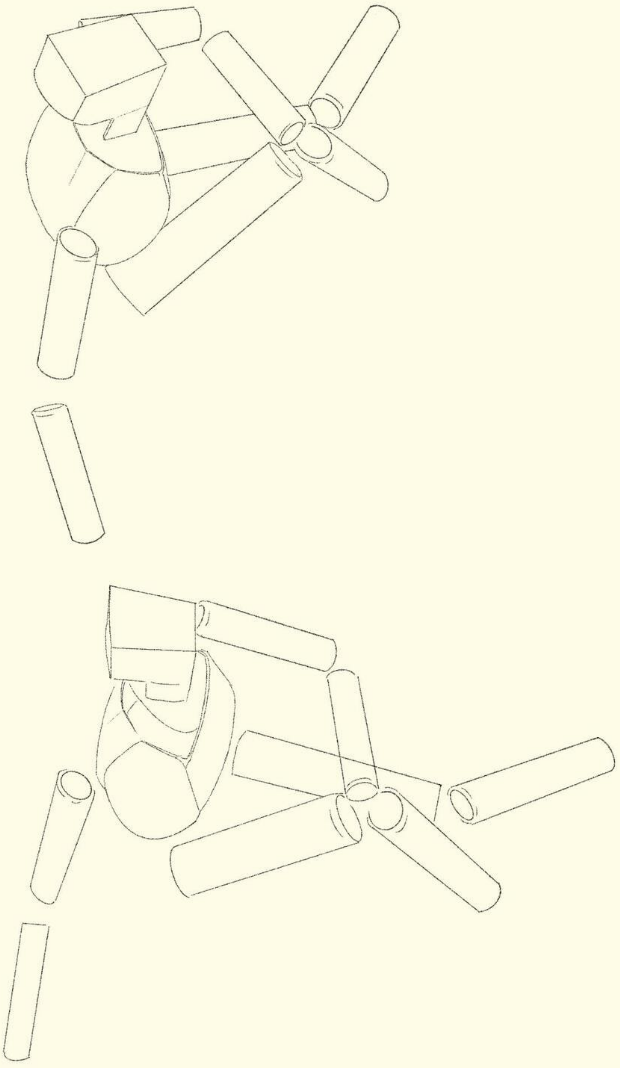


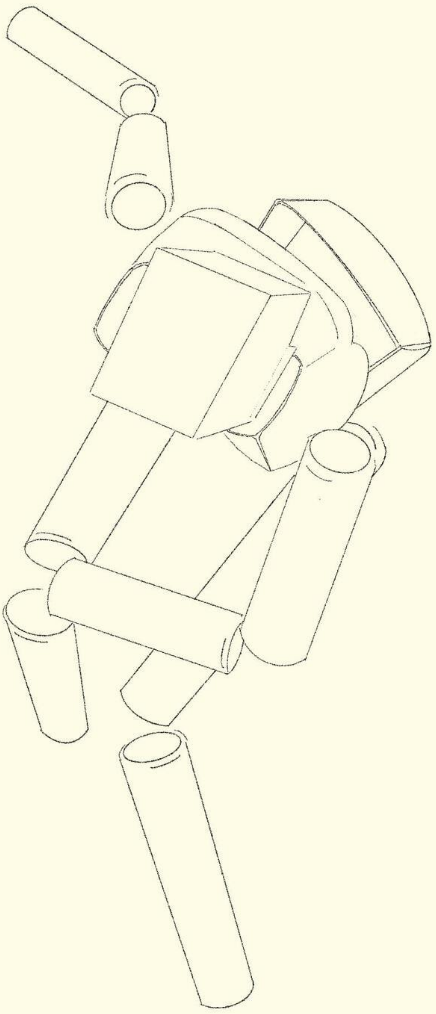


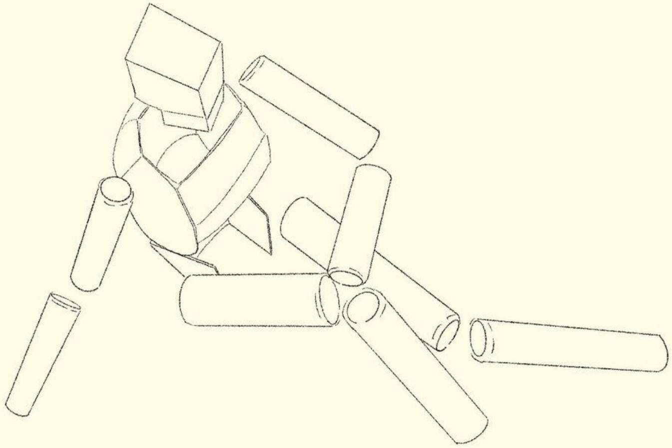


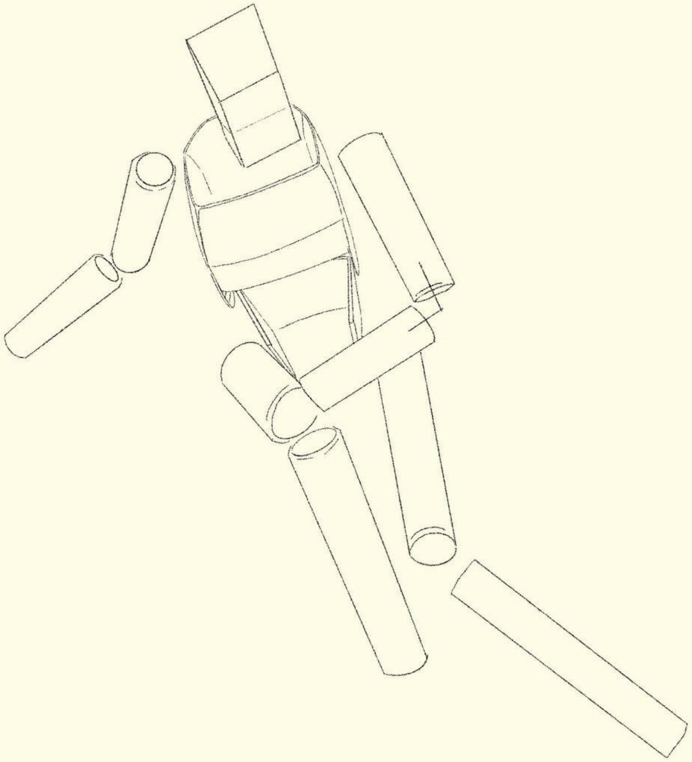




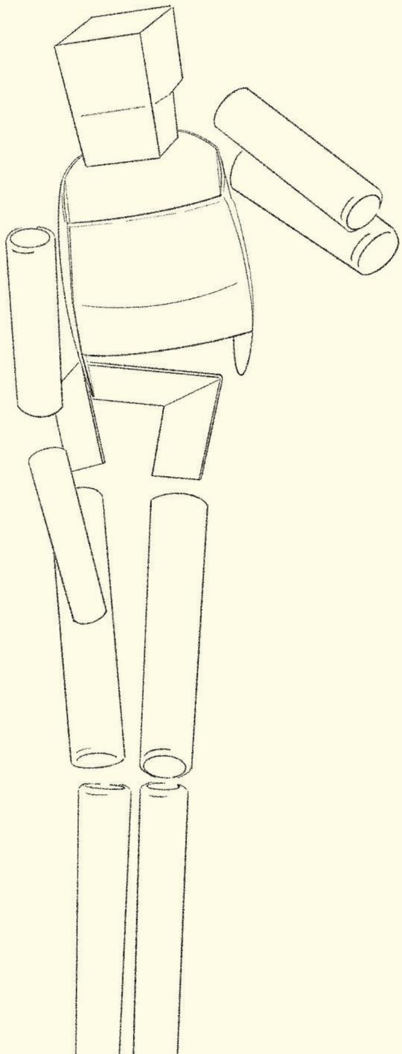


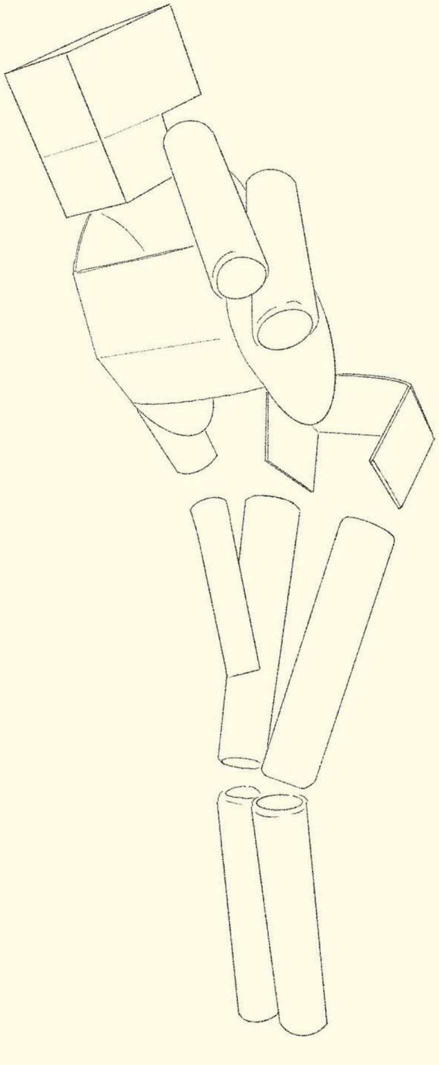


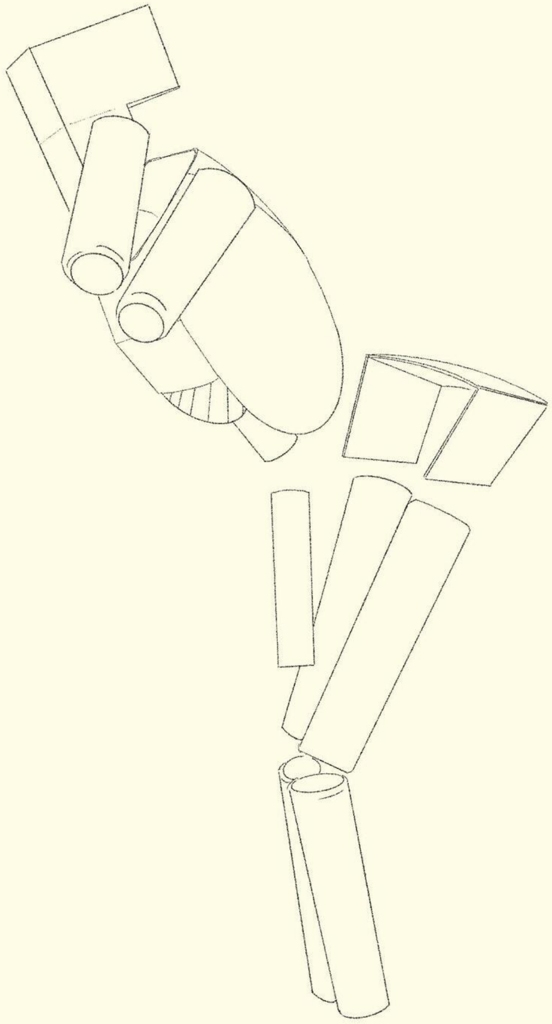


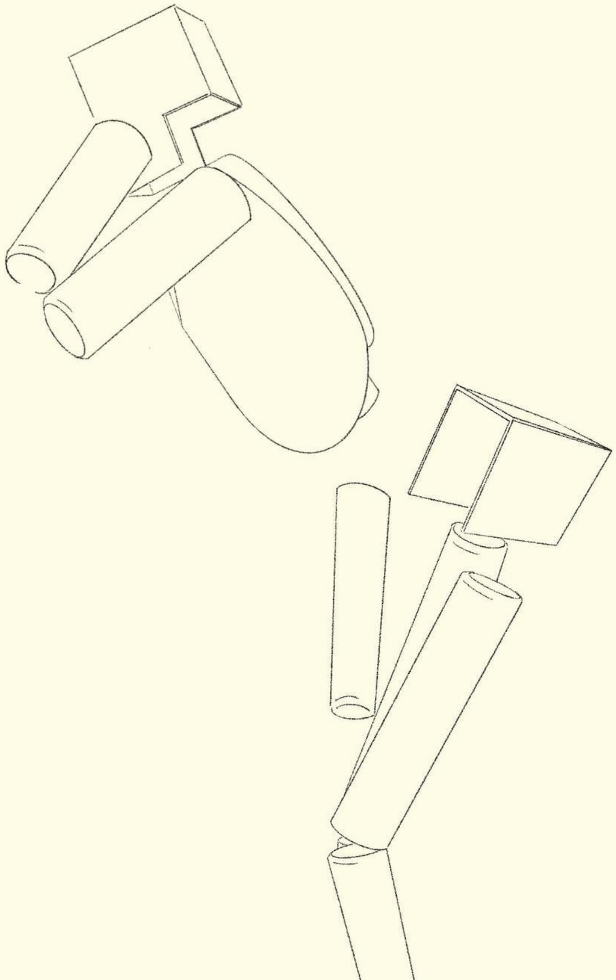


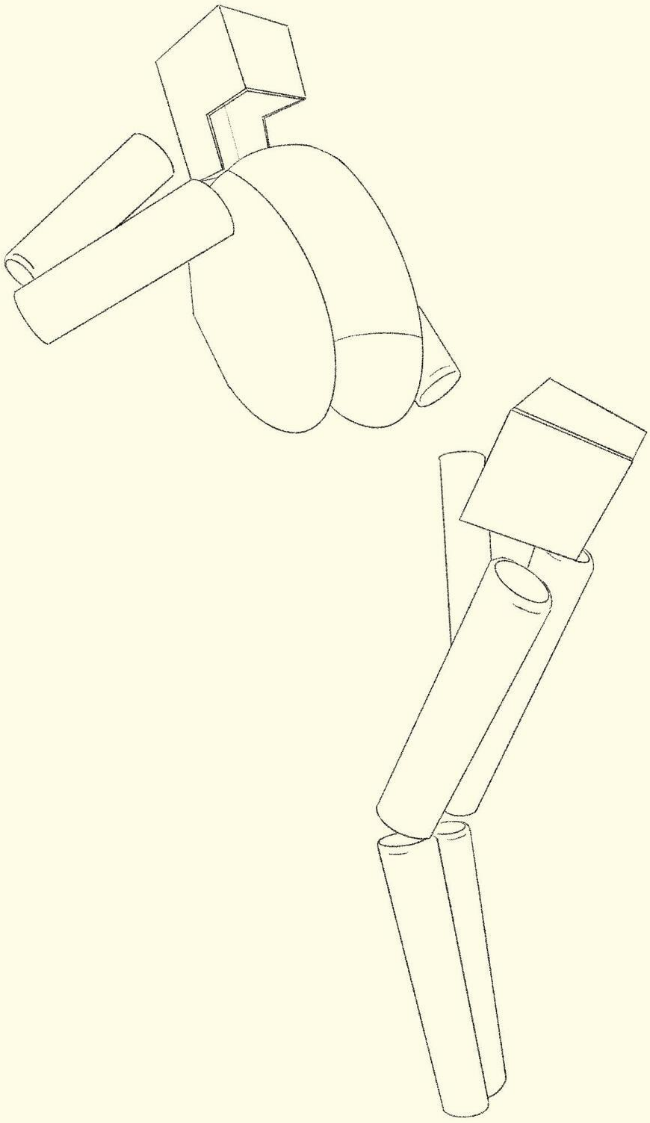
Pose 7

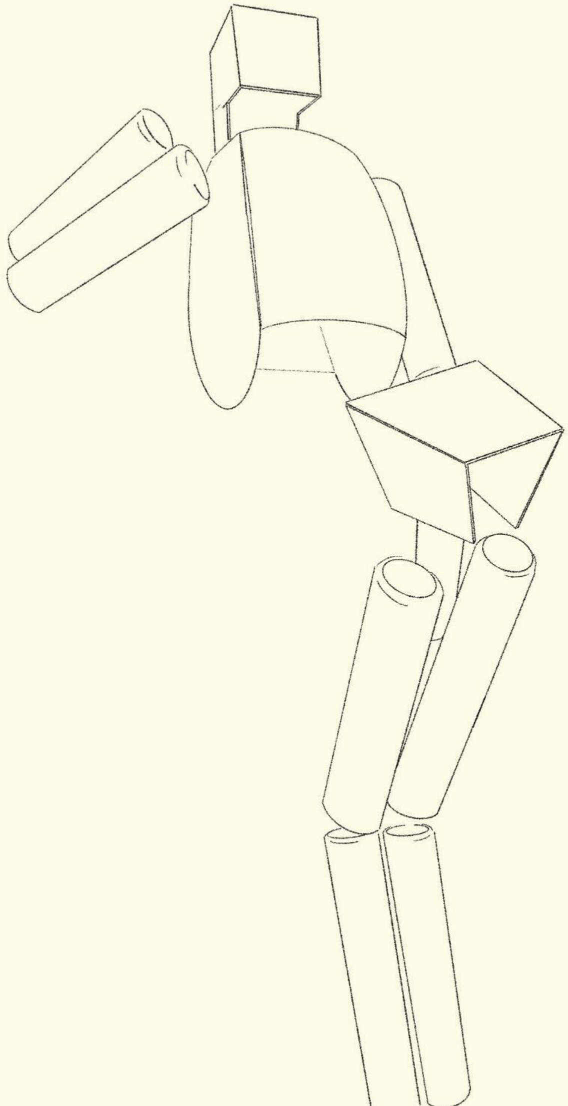


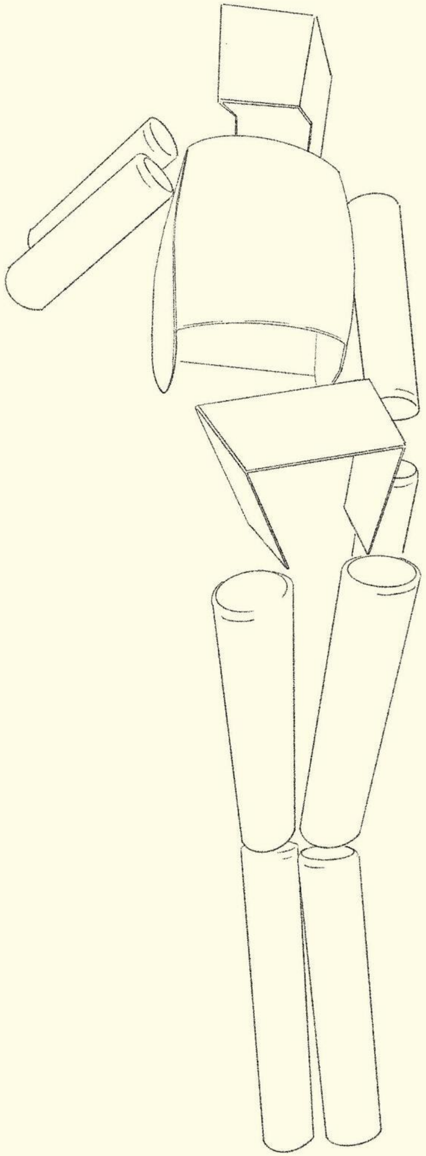


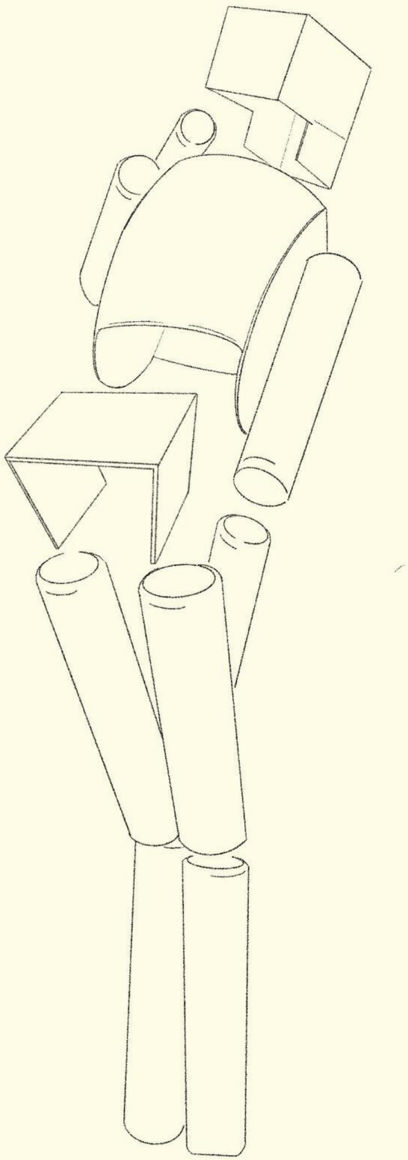


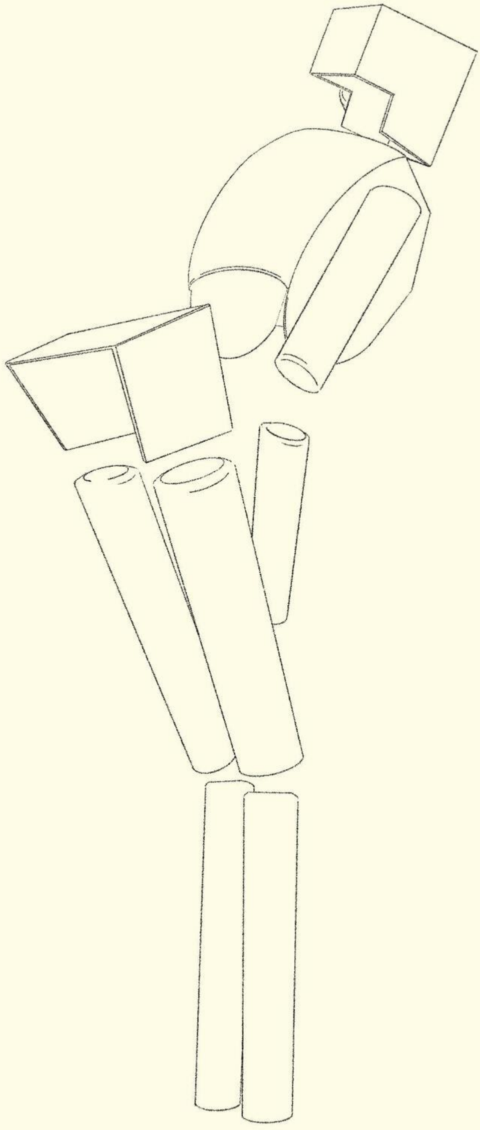


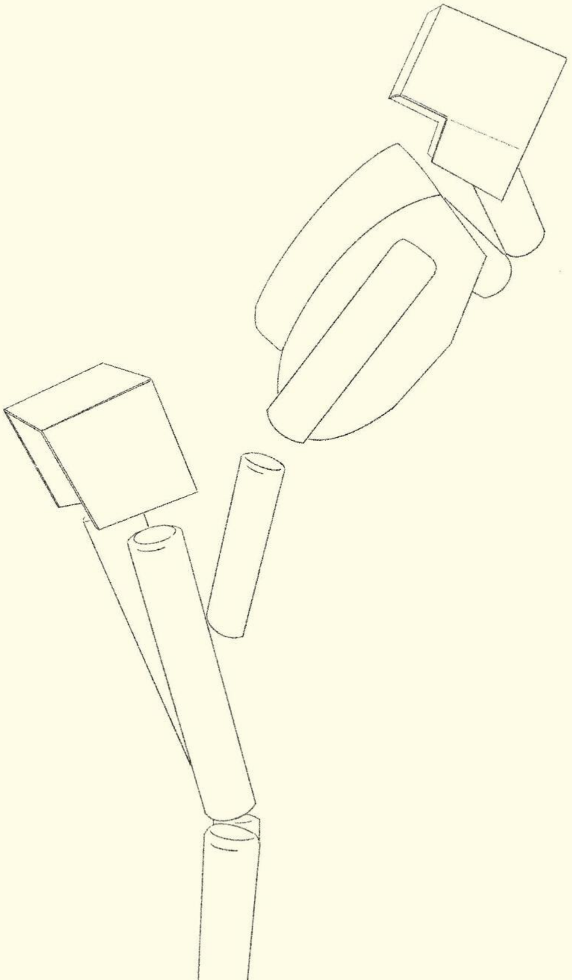


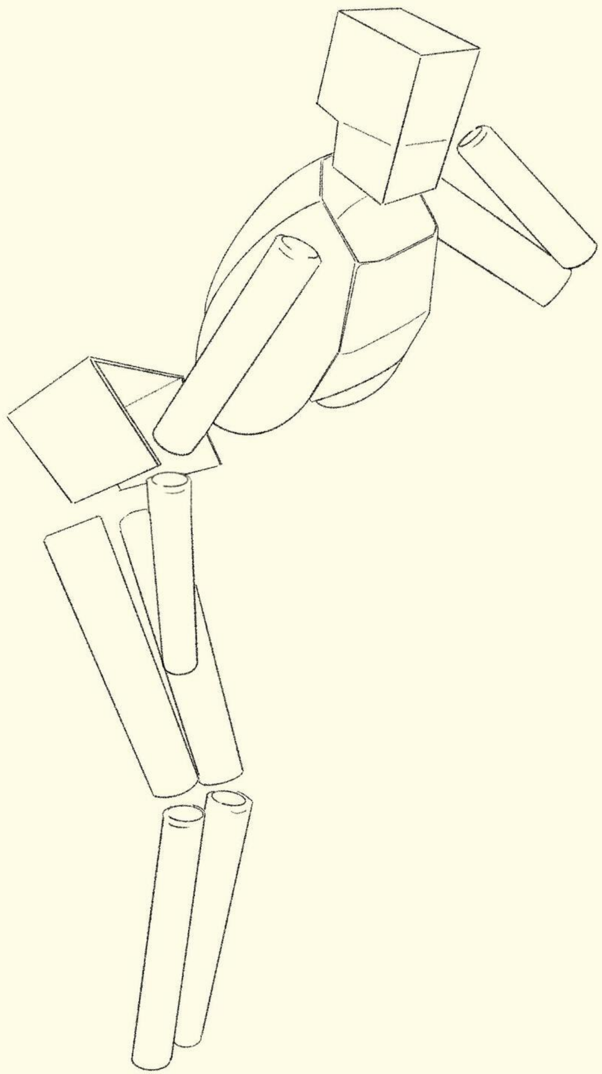


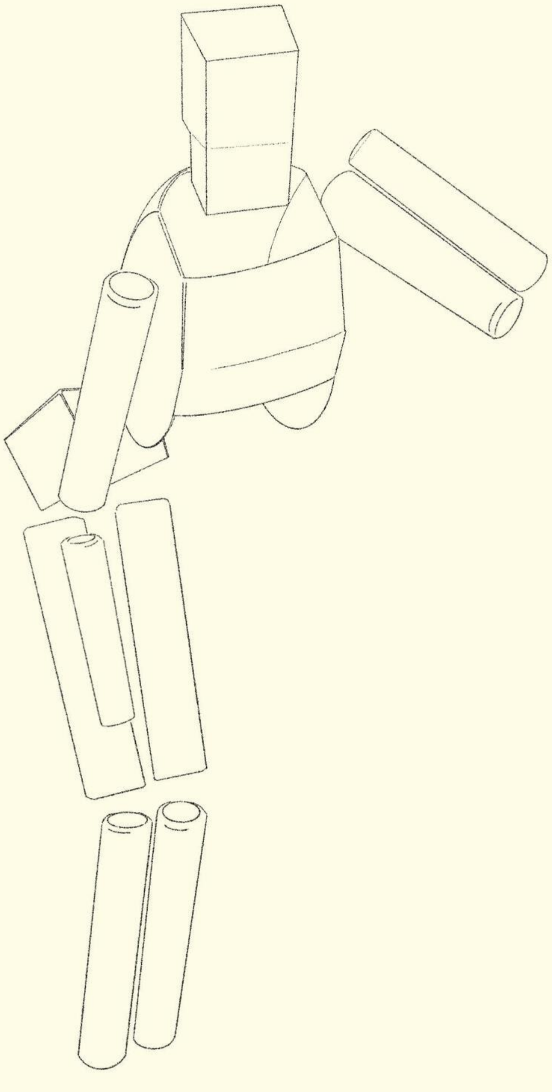


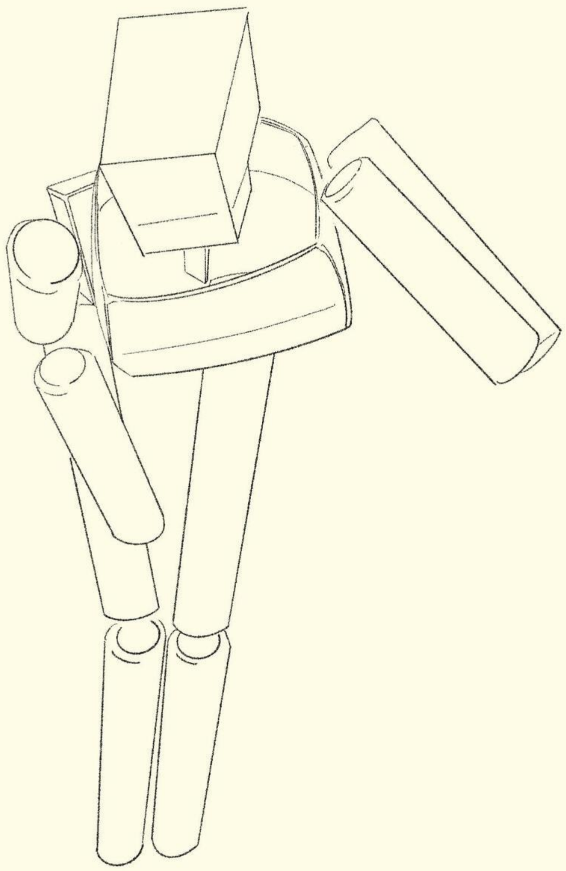


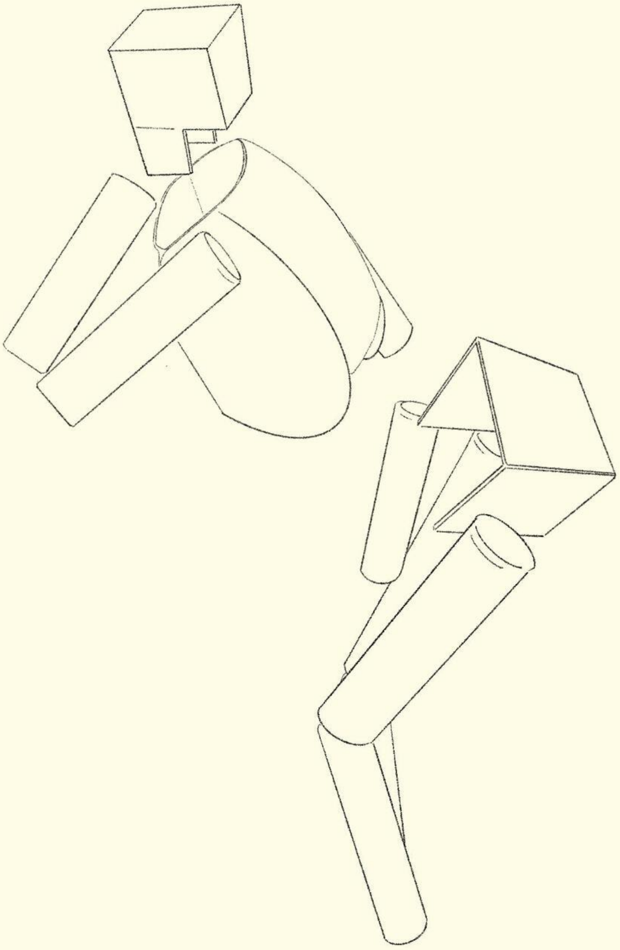


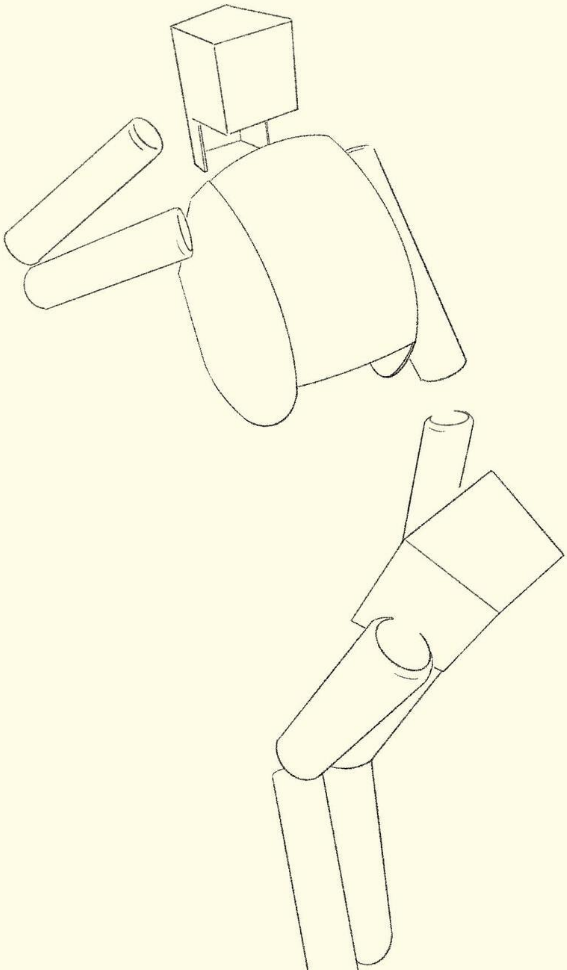


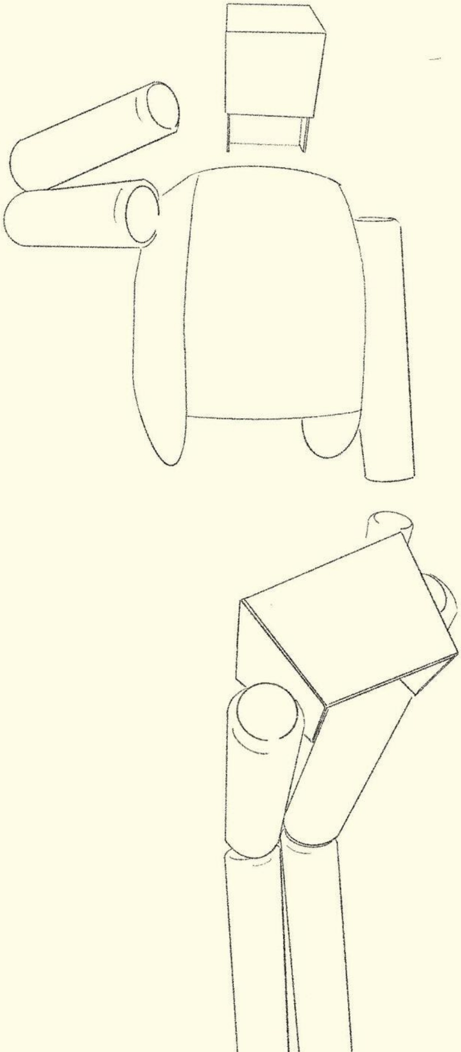


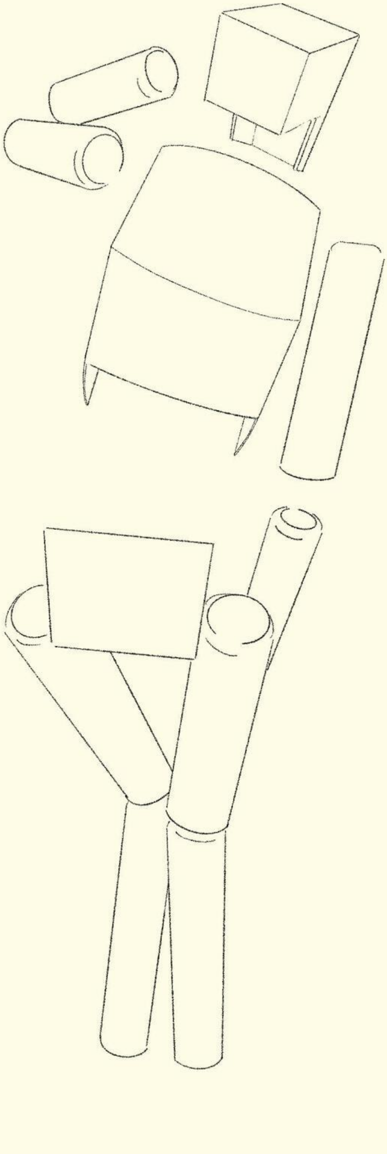


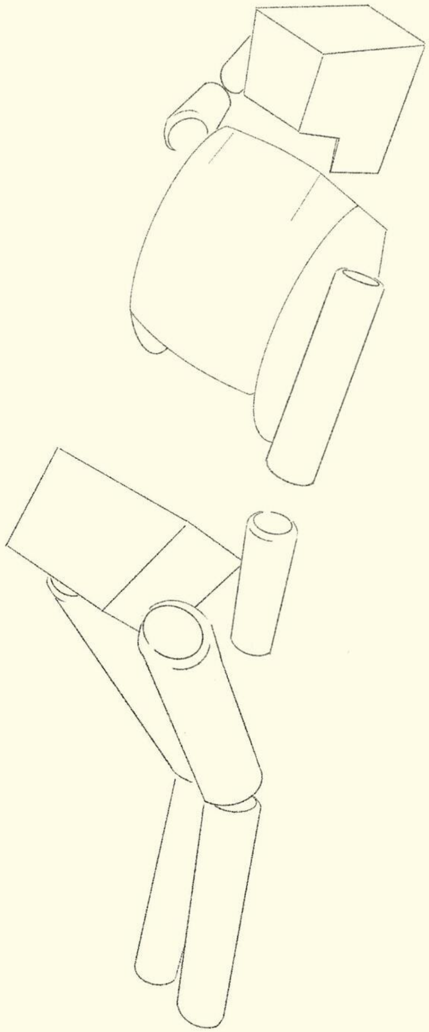


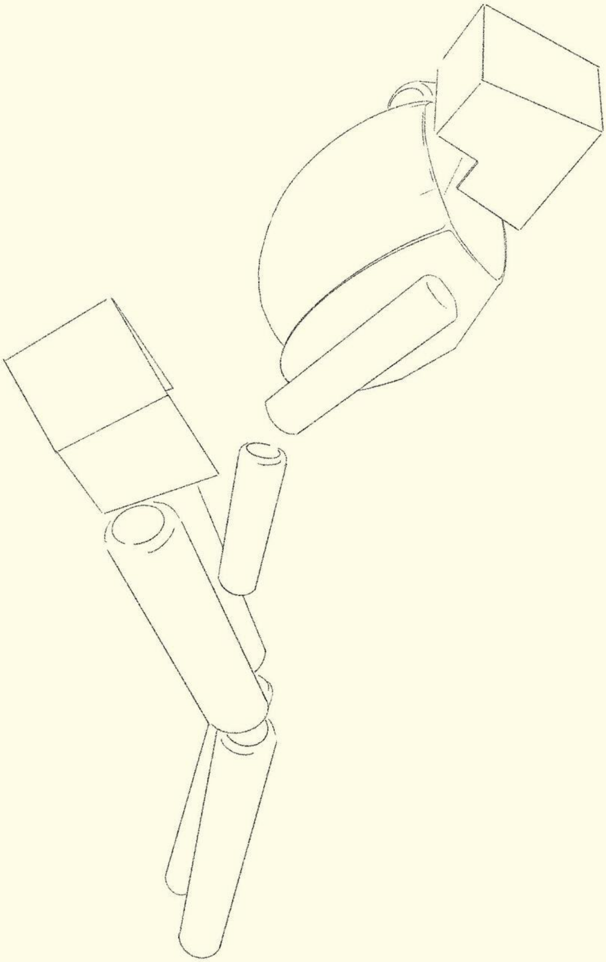


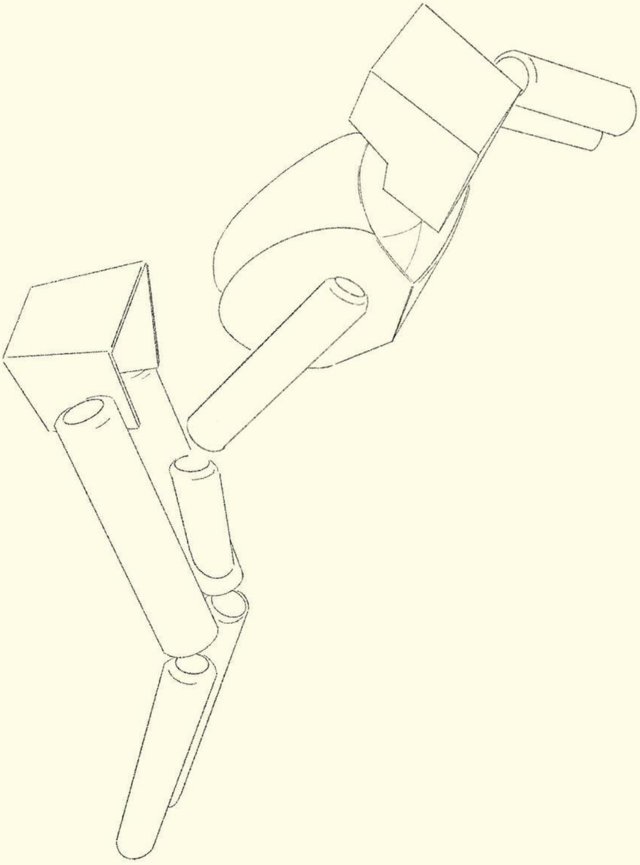


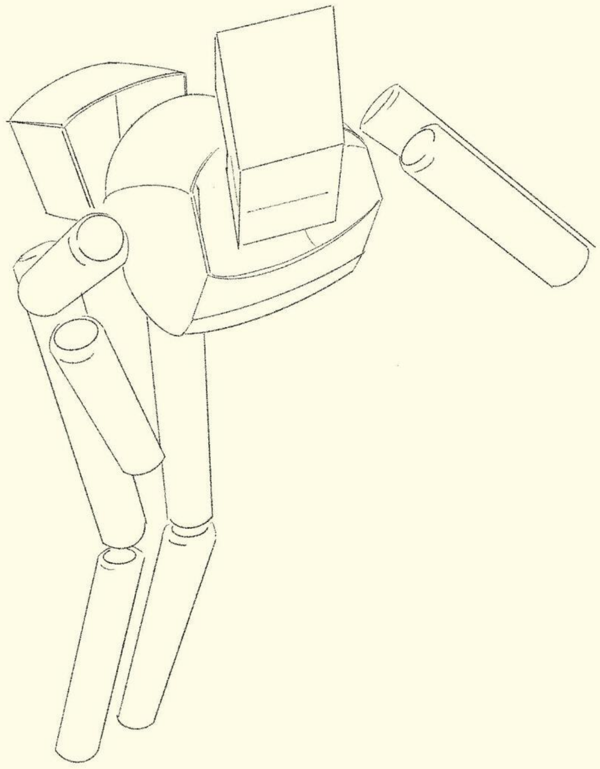


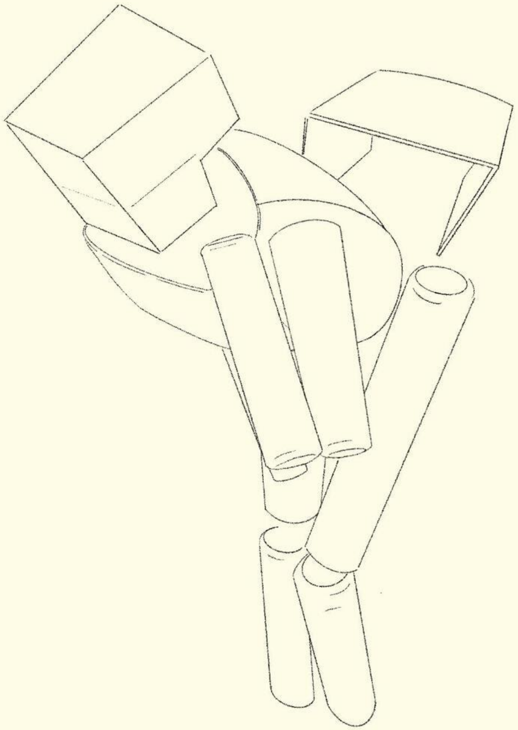


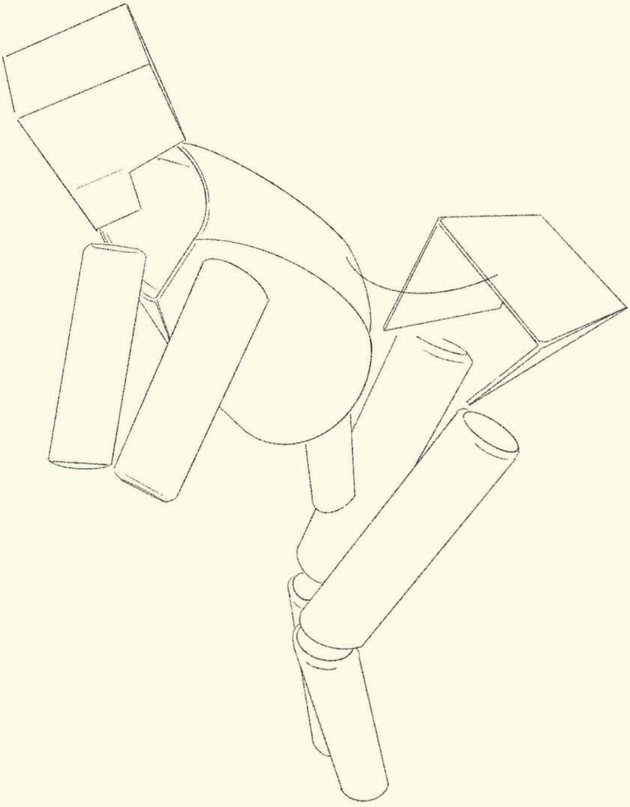


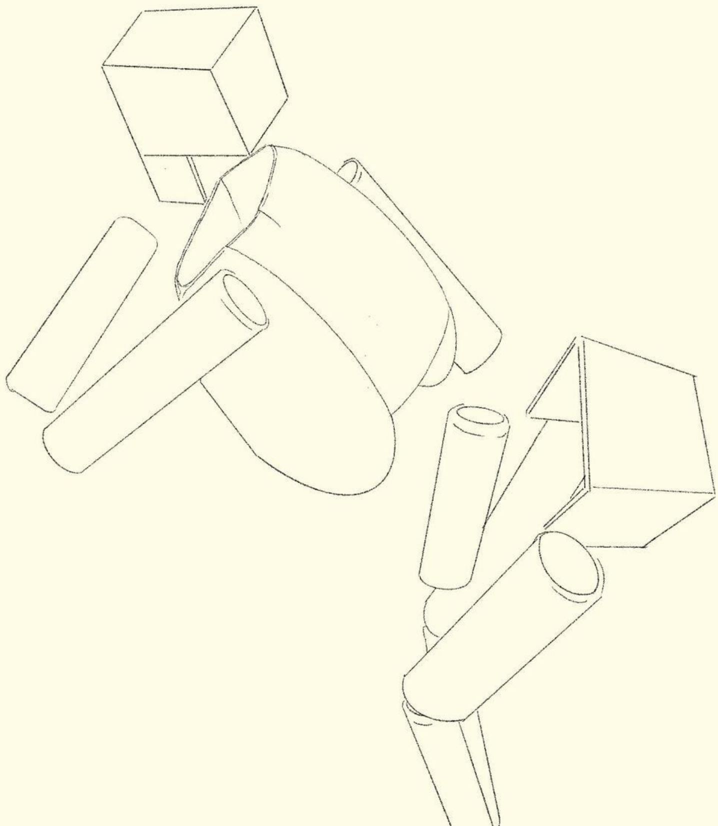


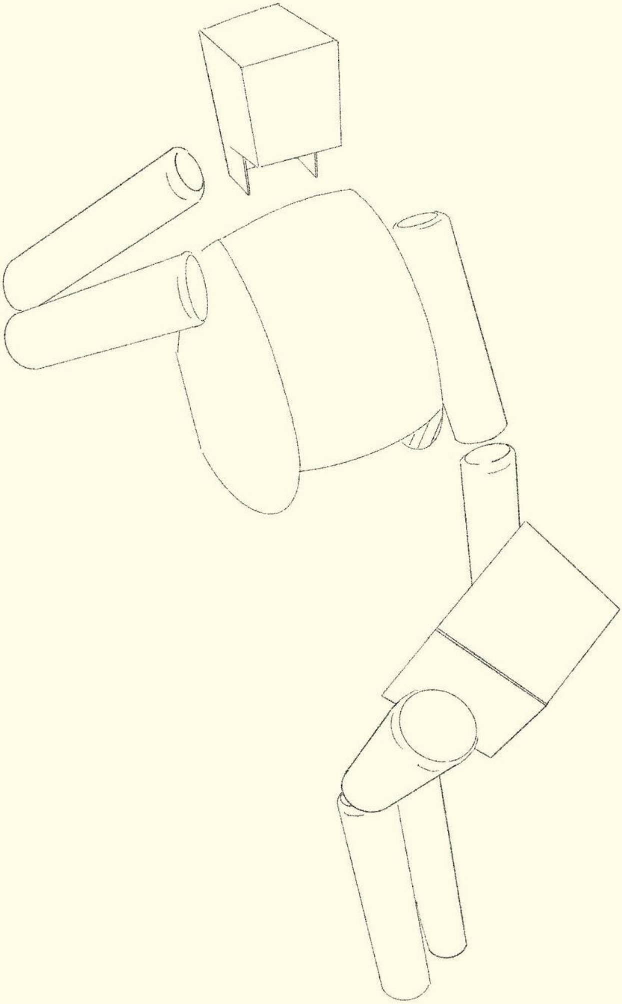


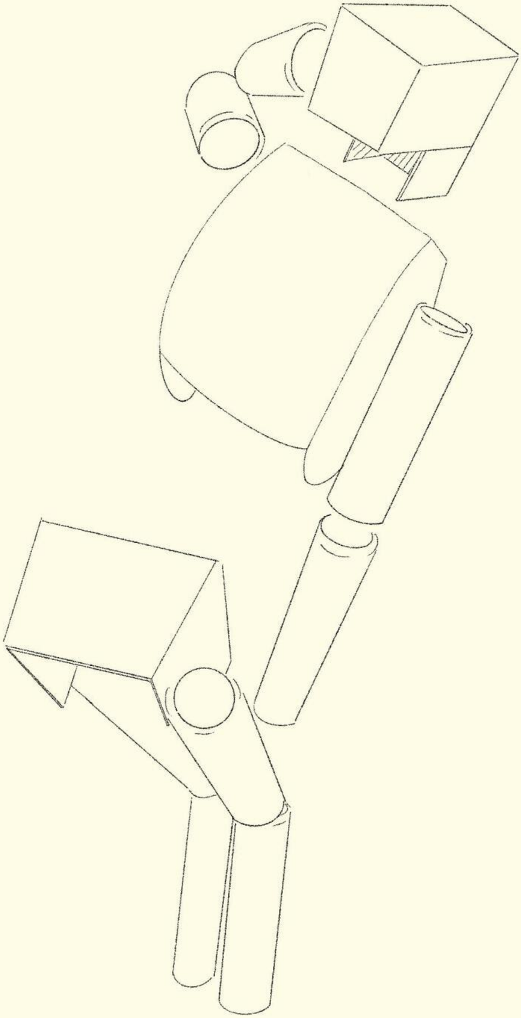


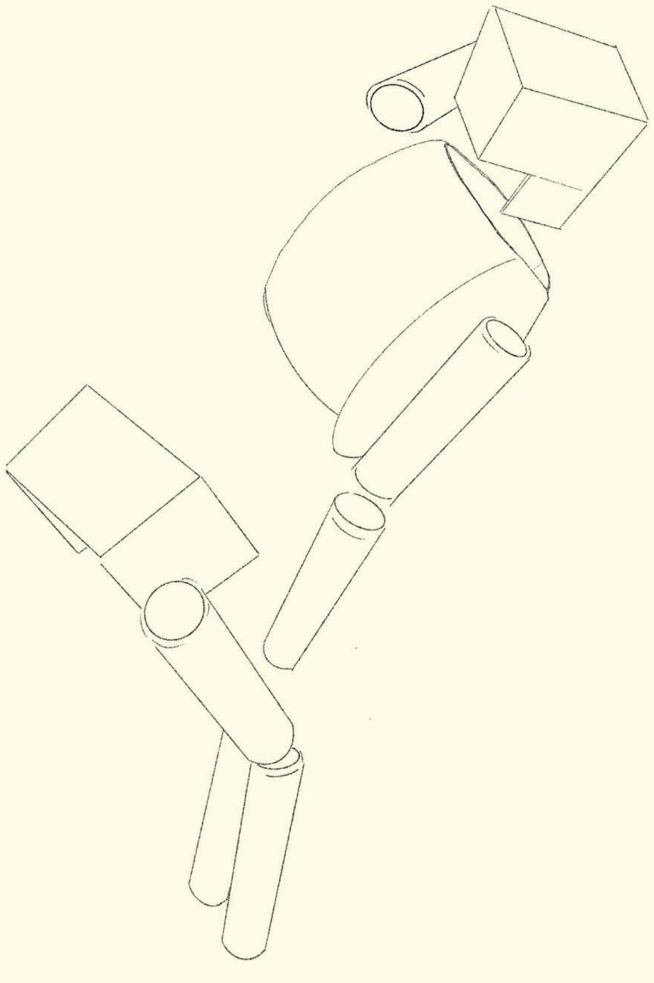


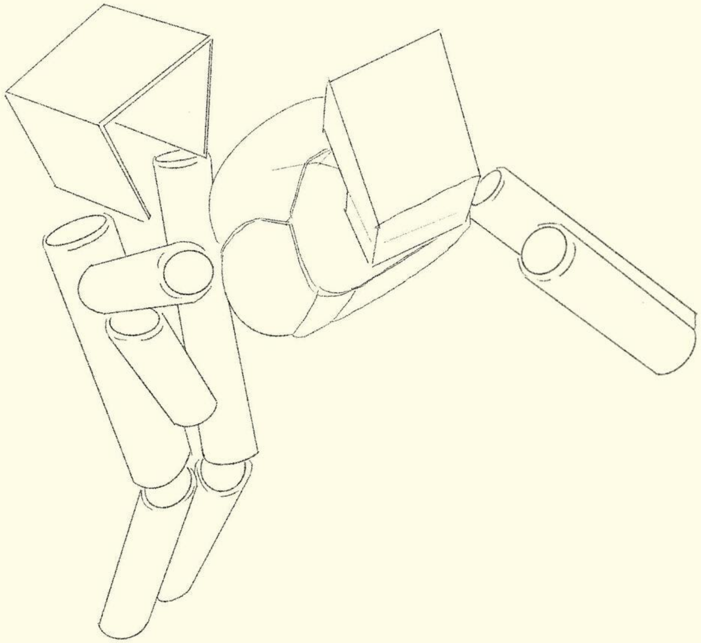


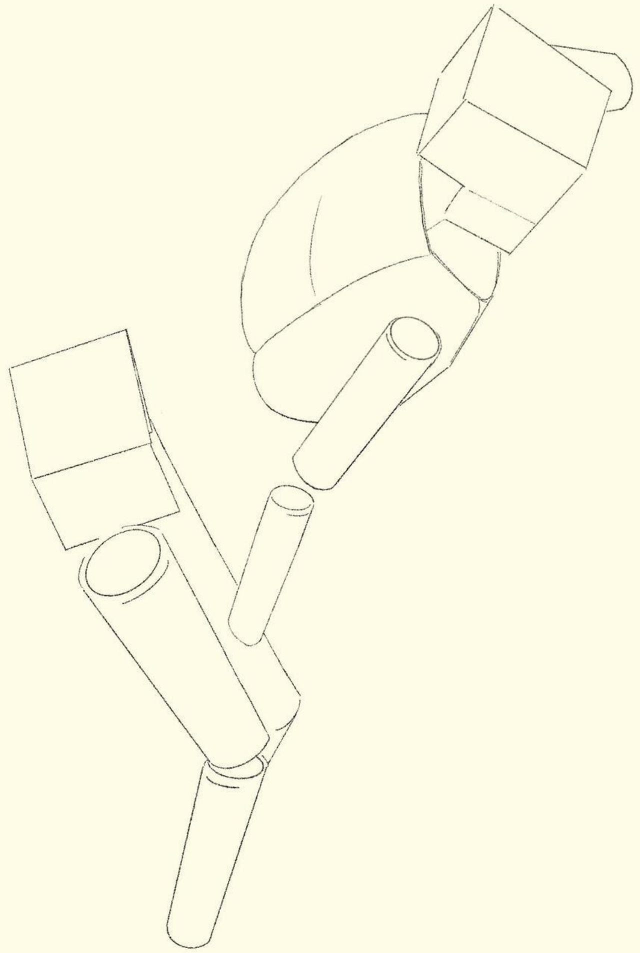




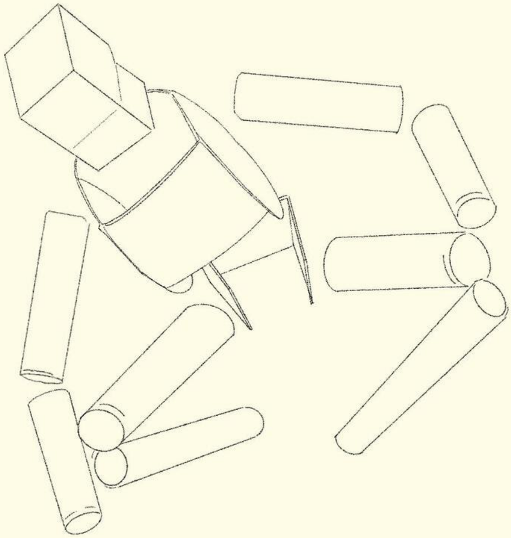


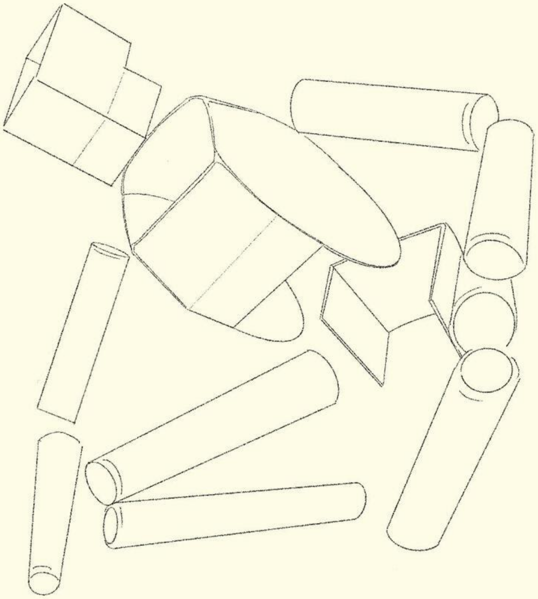


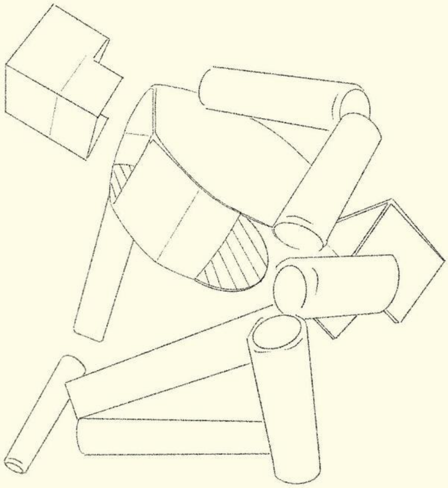


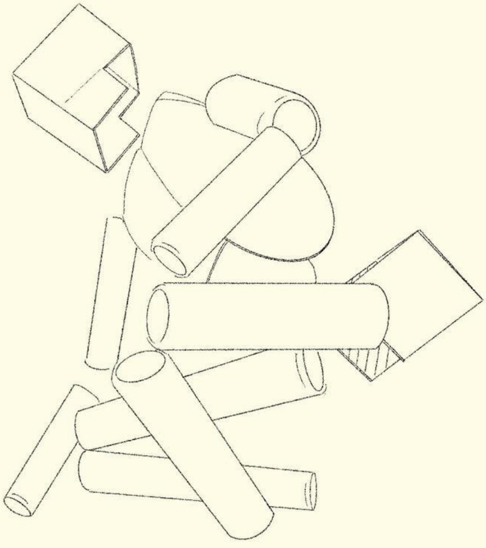


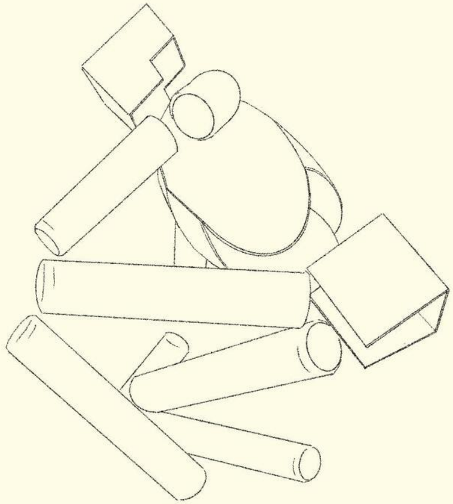
Pose 8

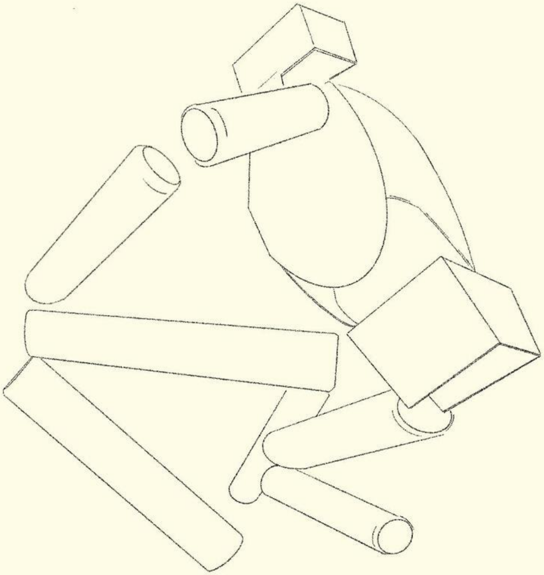


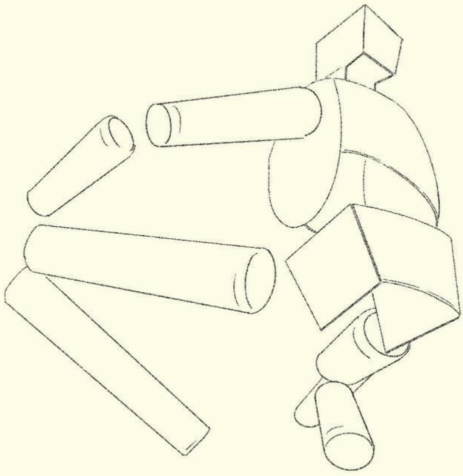


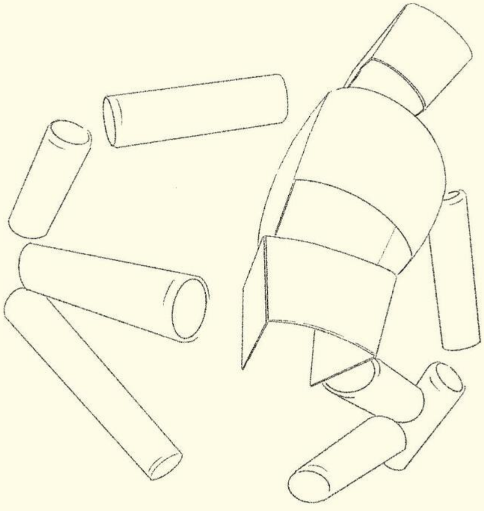


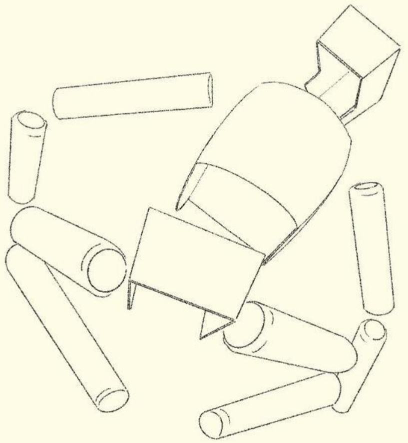


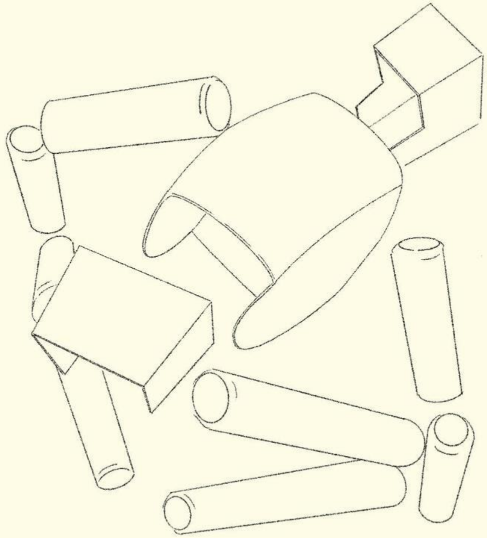


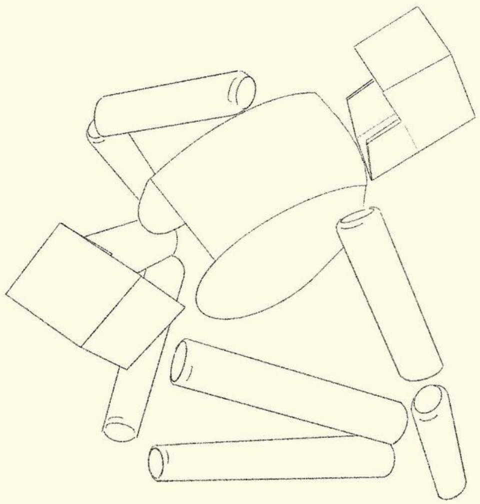


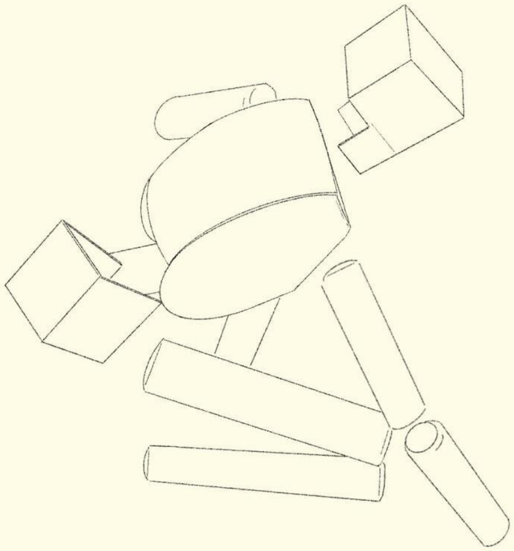


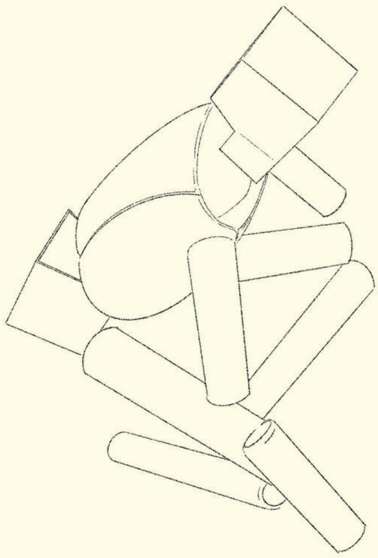
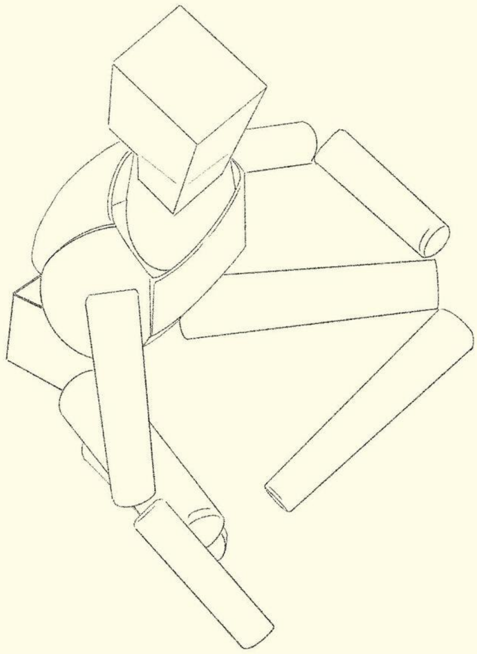


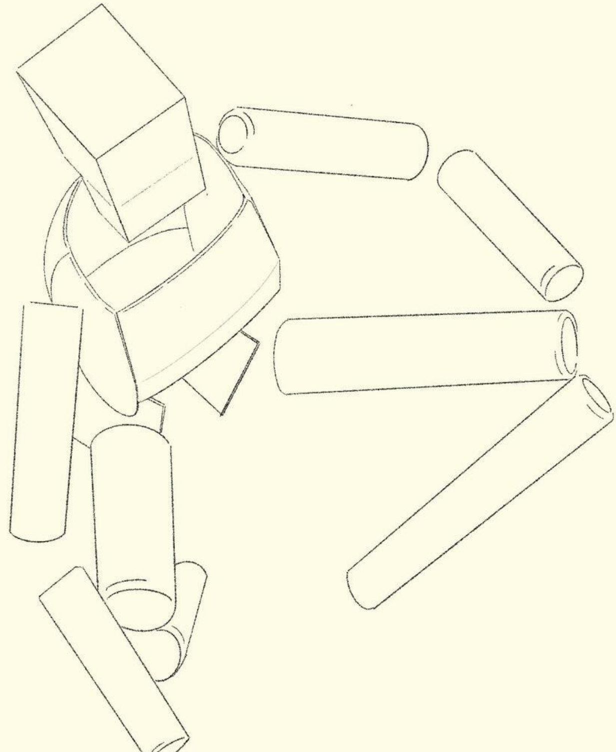


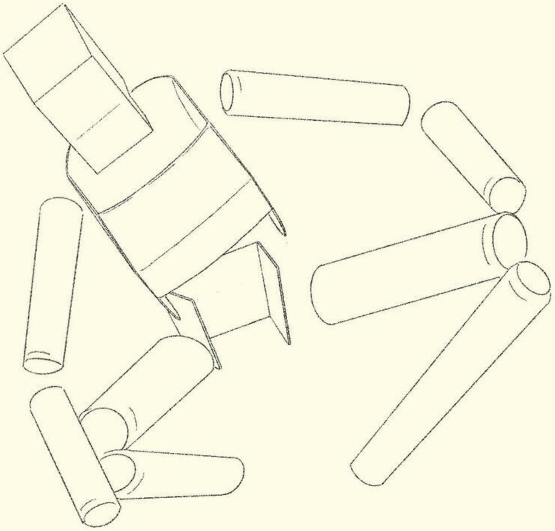


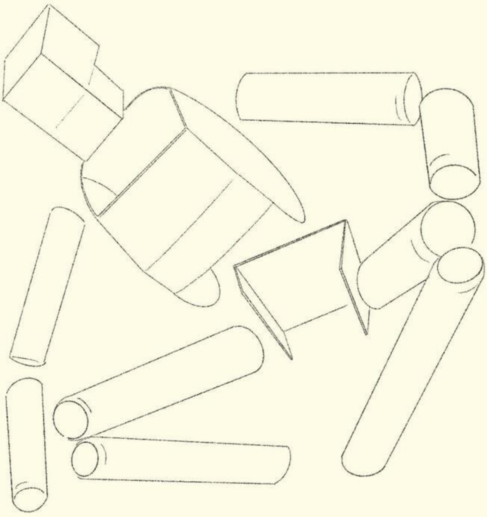


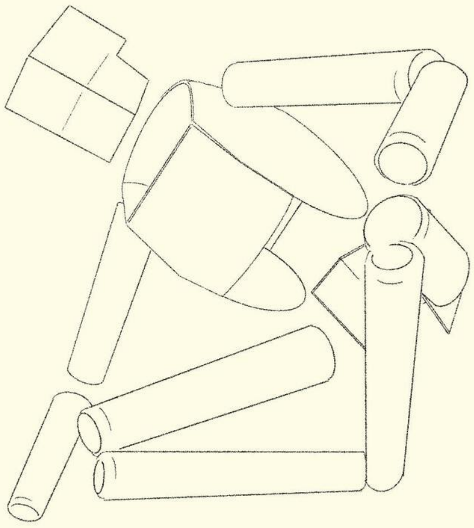


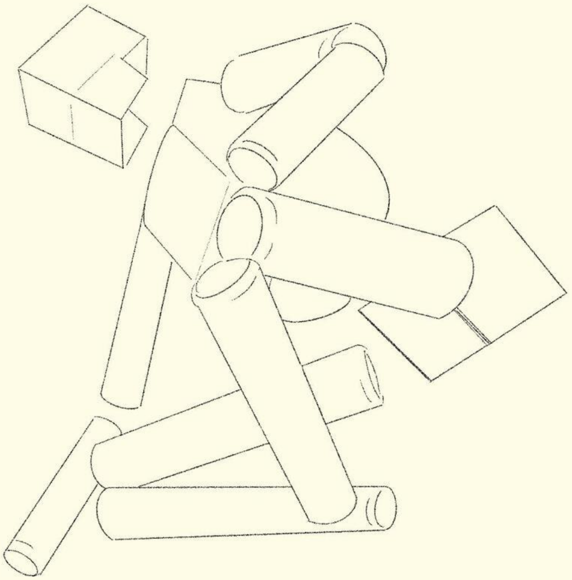



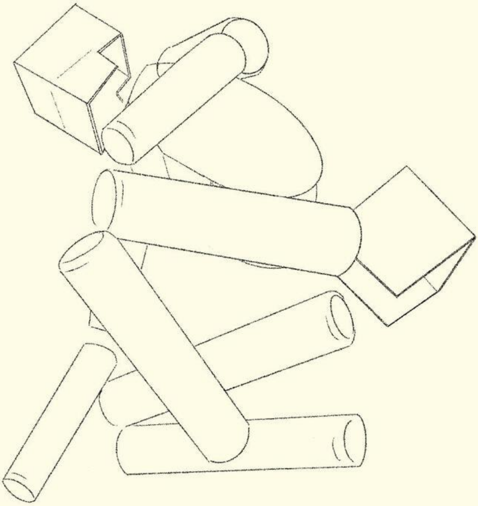


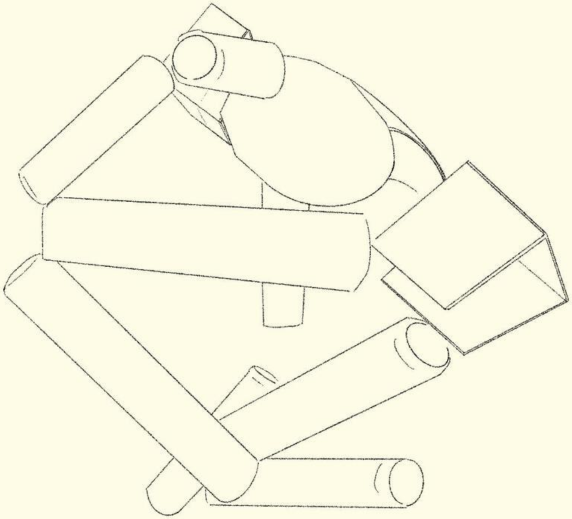


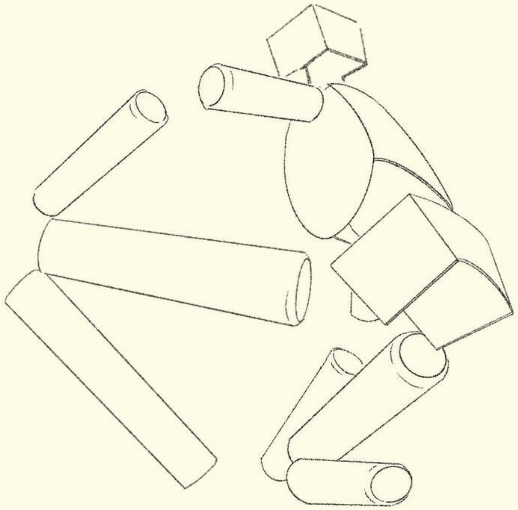


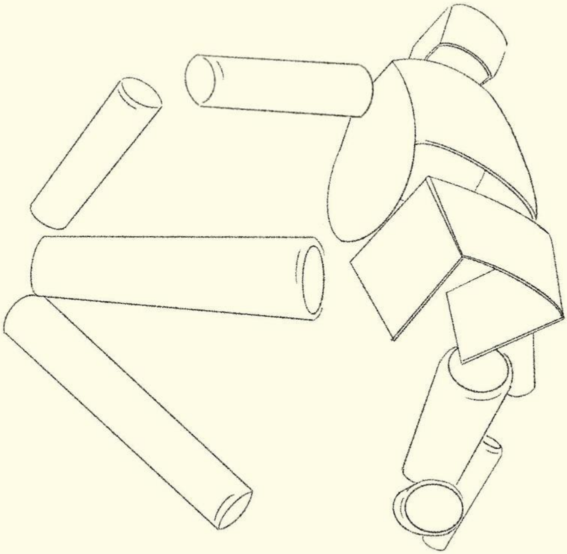


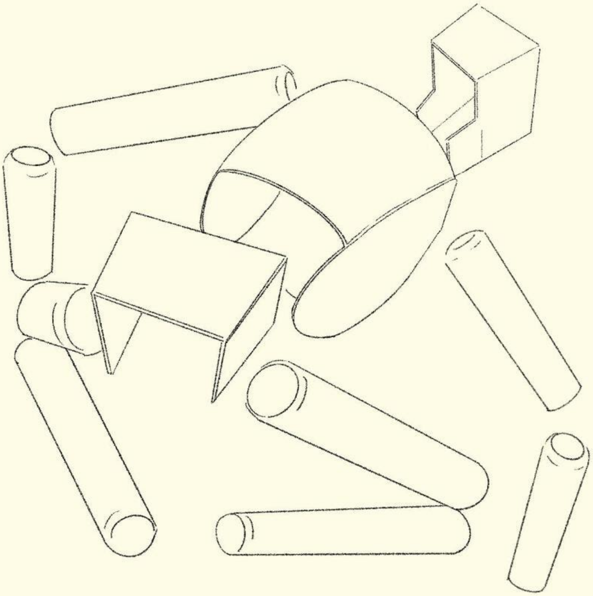


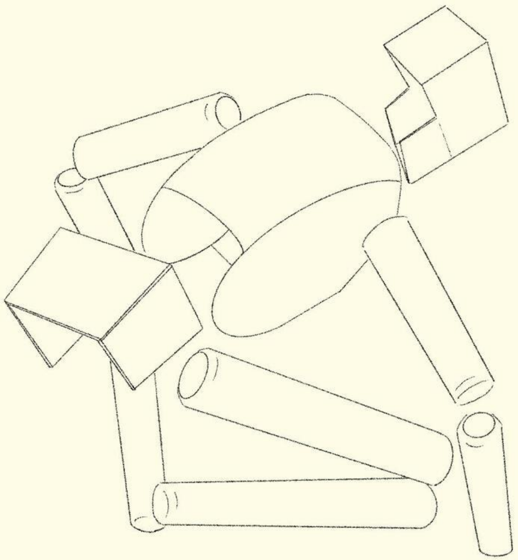


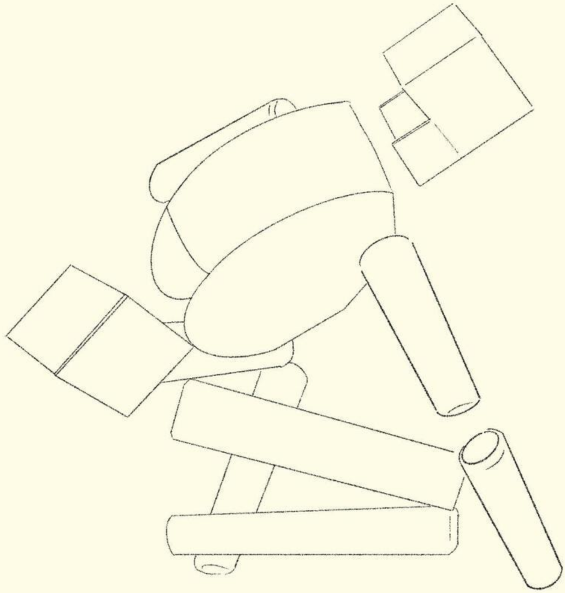


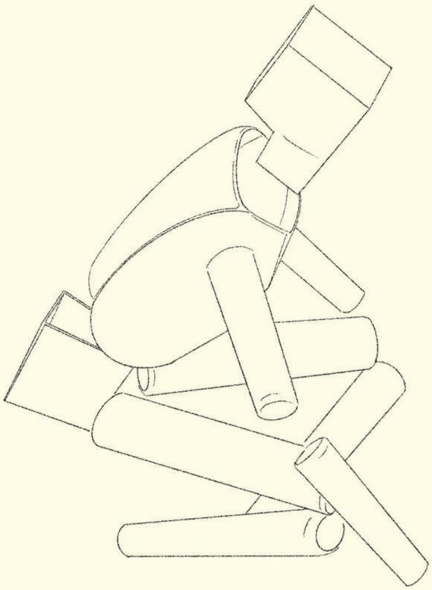


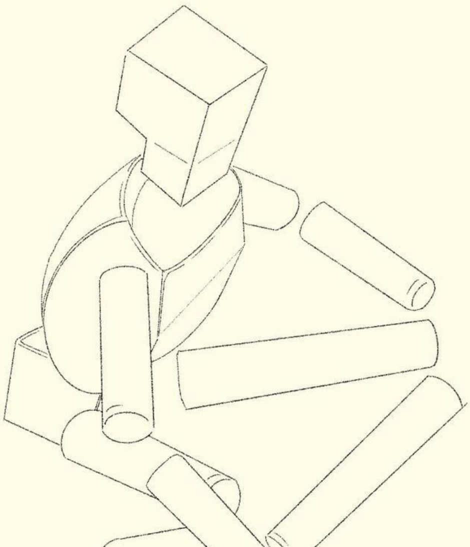


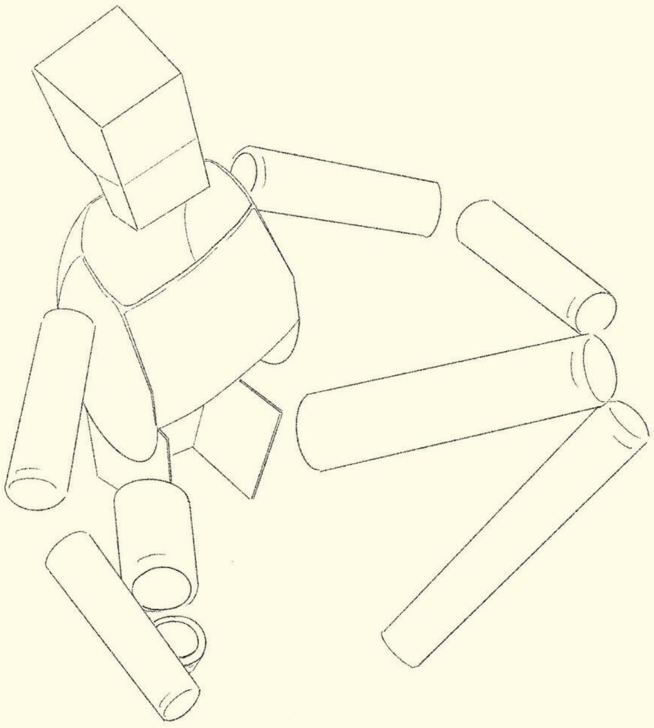


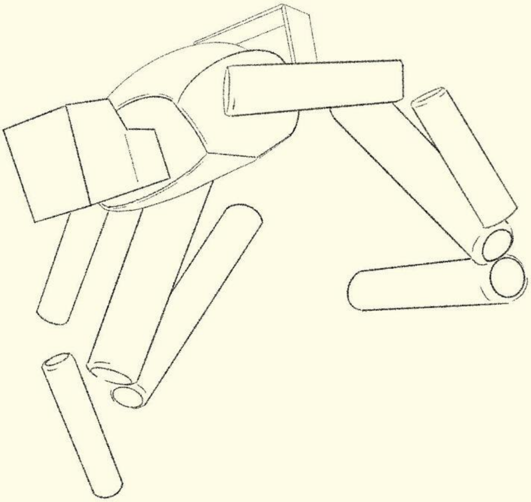


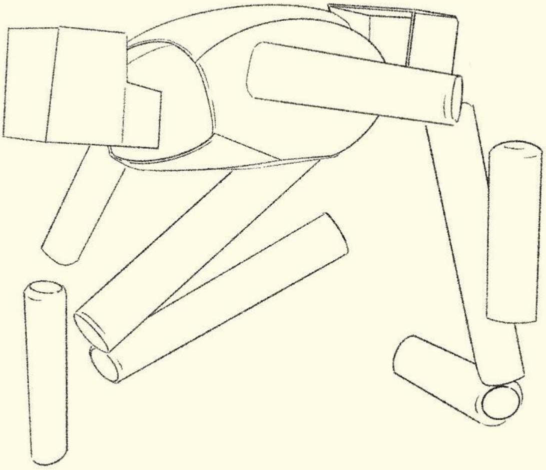


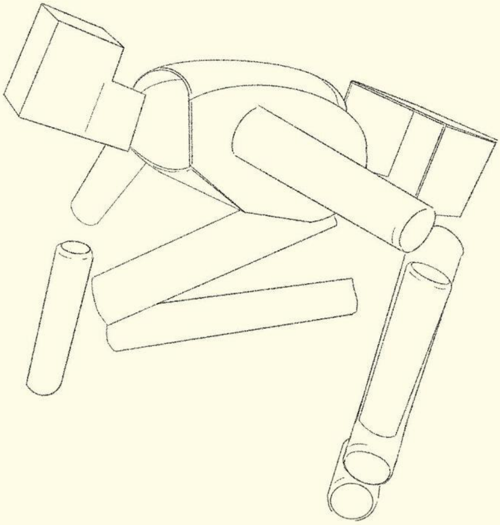


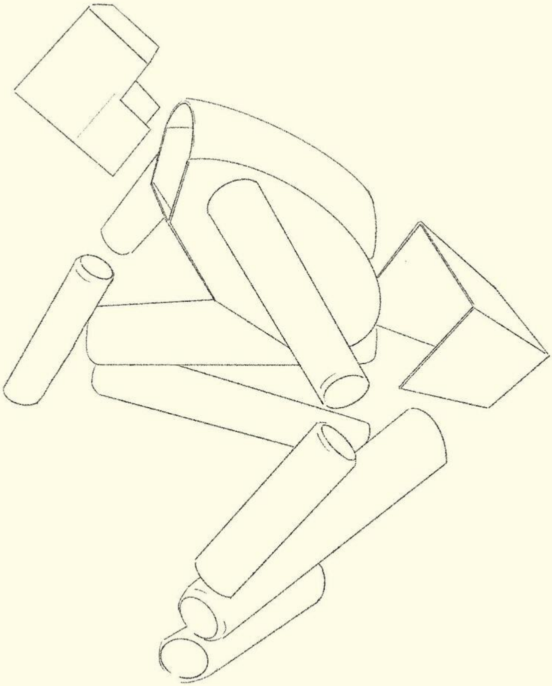


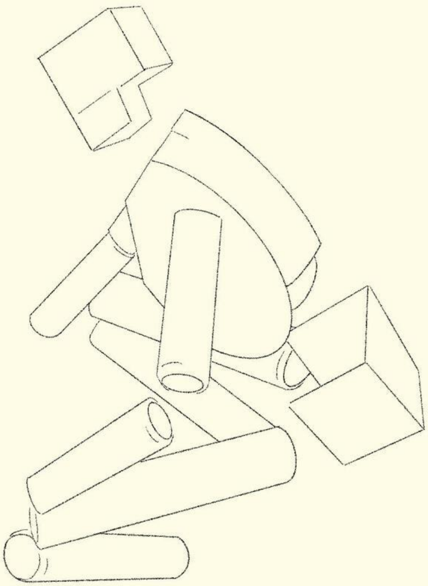


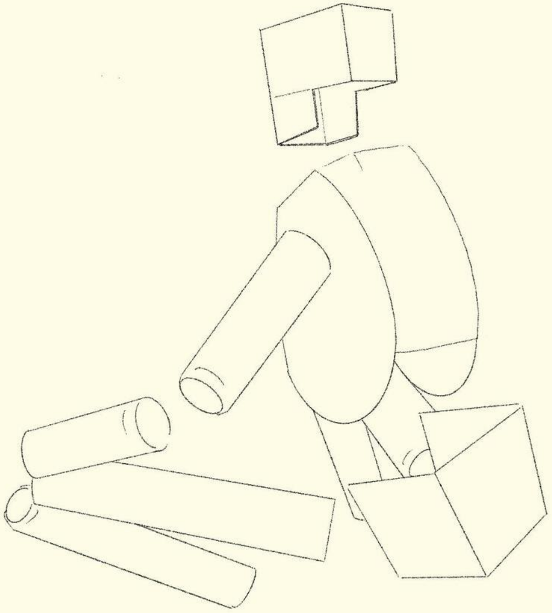


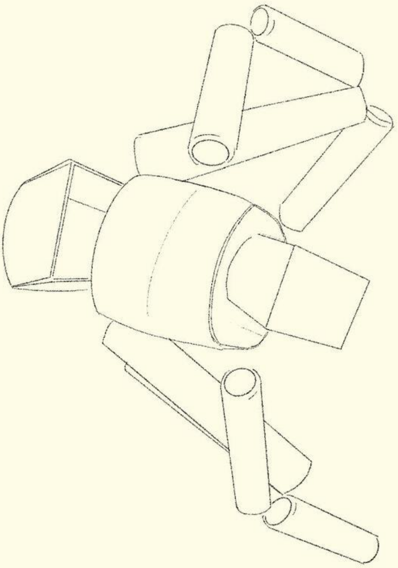


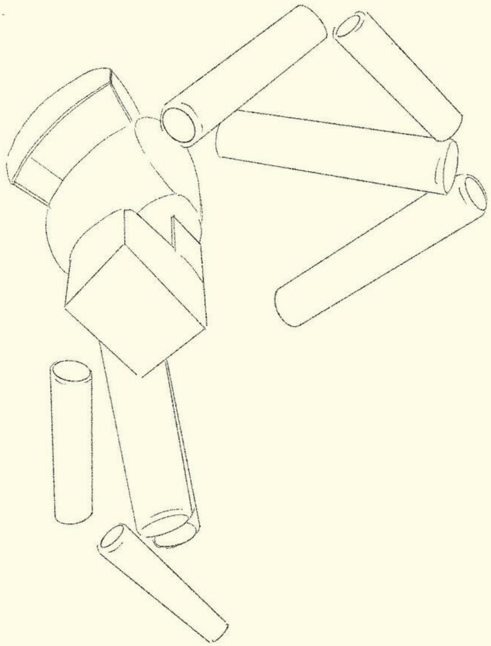


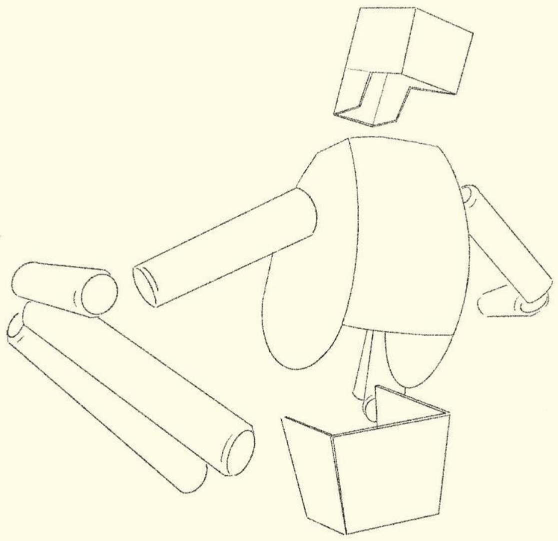


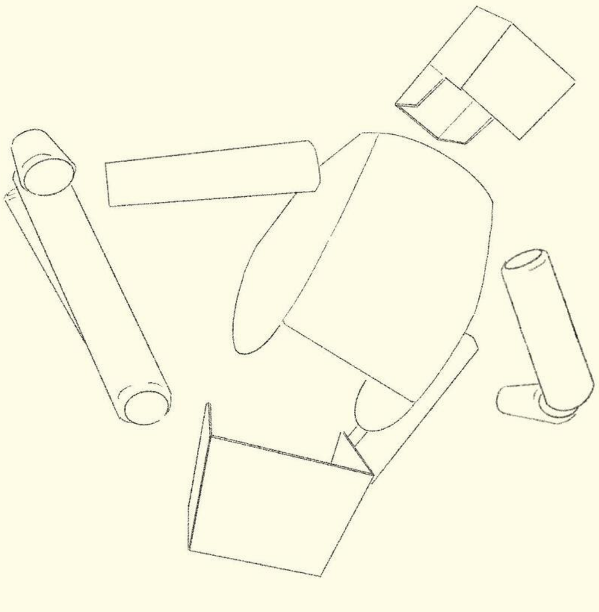




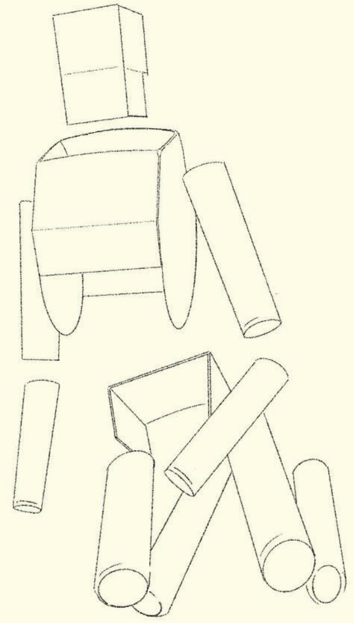


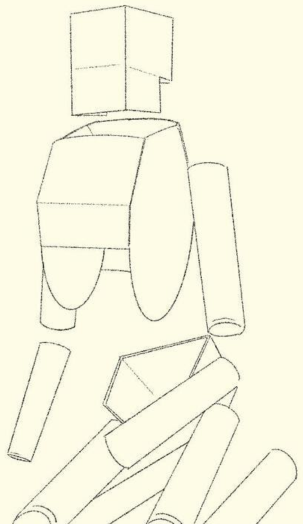


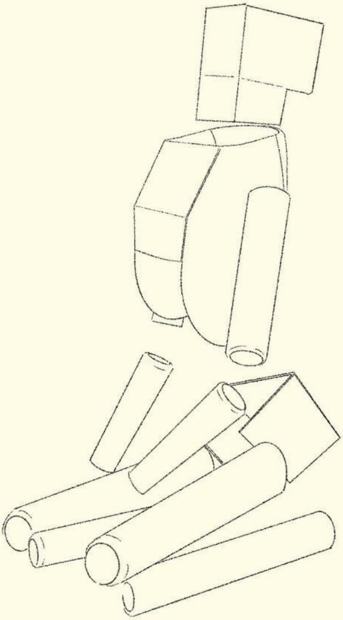


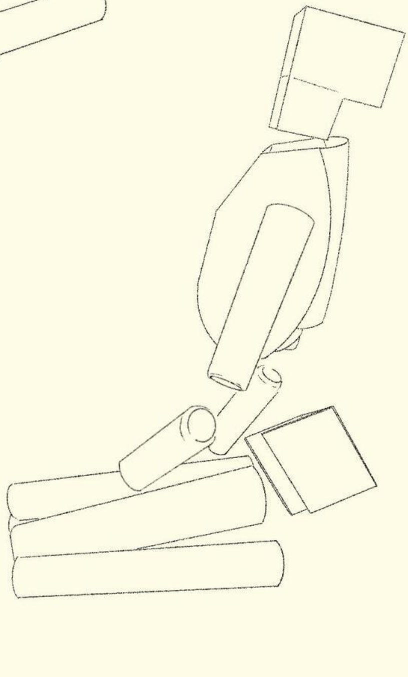


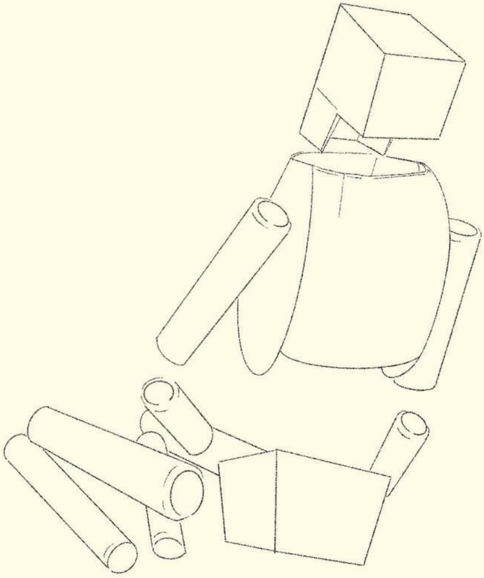
Pose 9

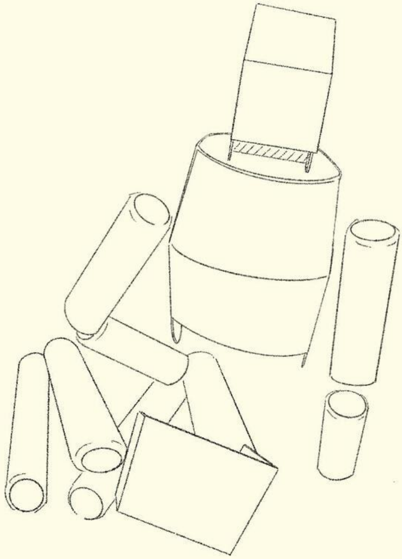


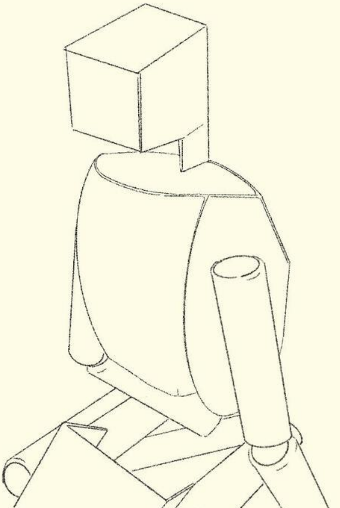


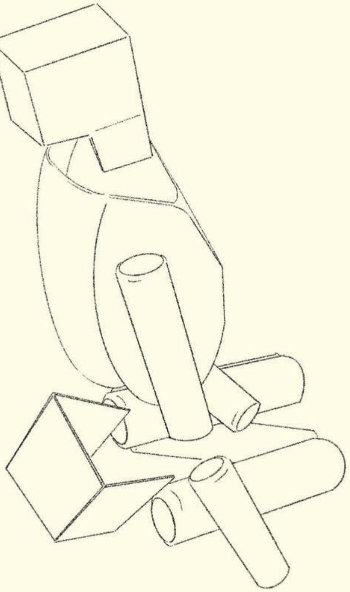


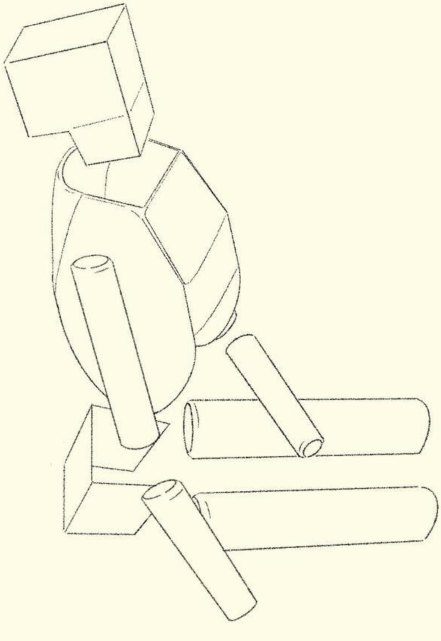


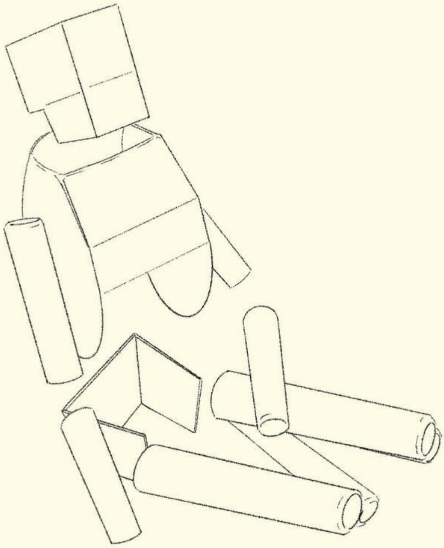


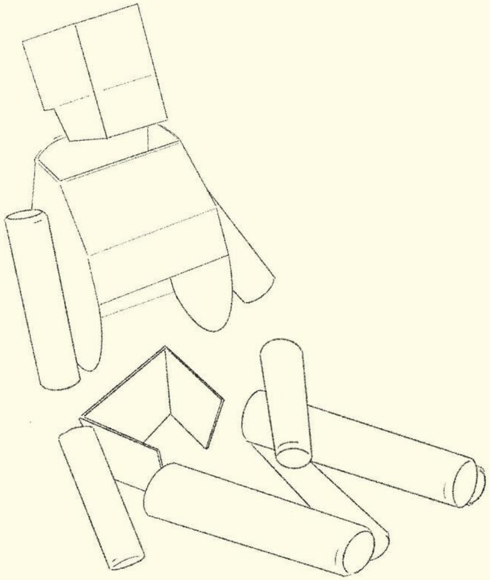


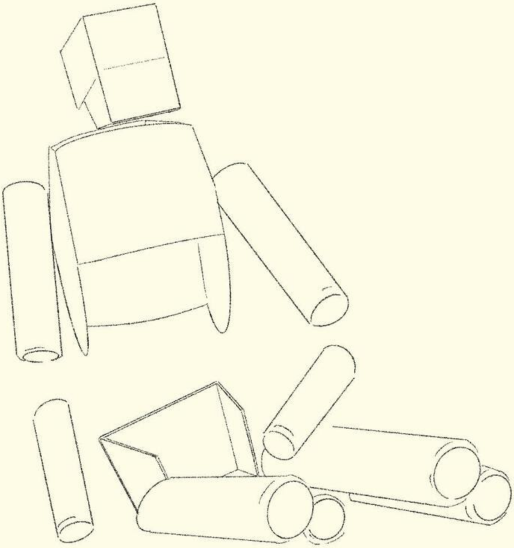


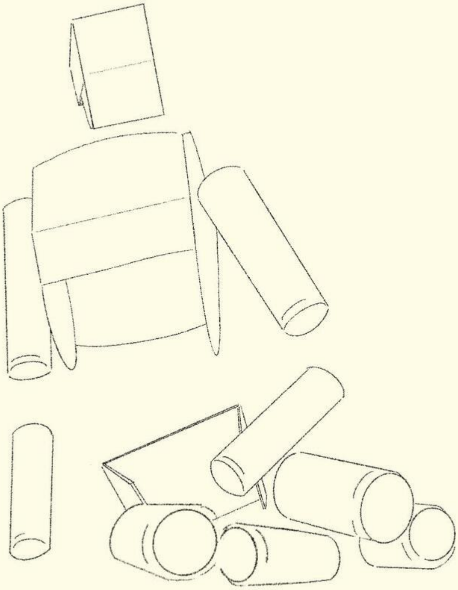


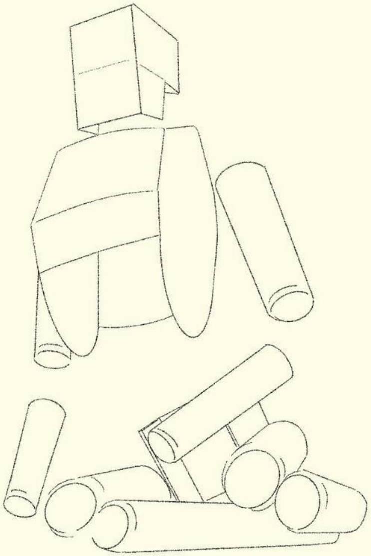


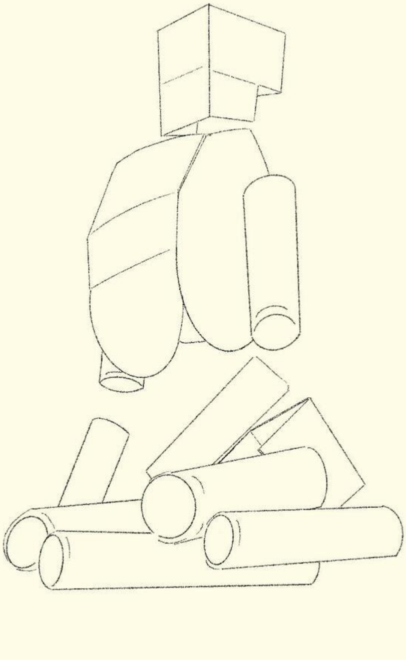


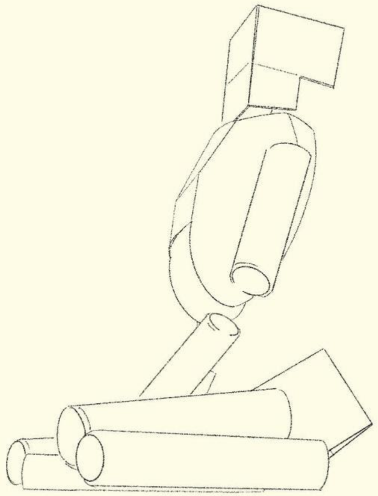


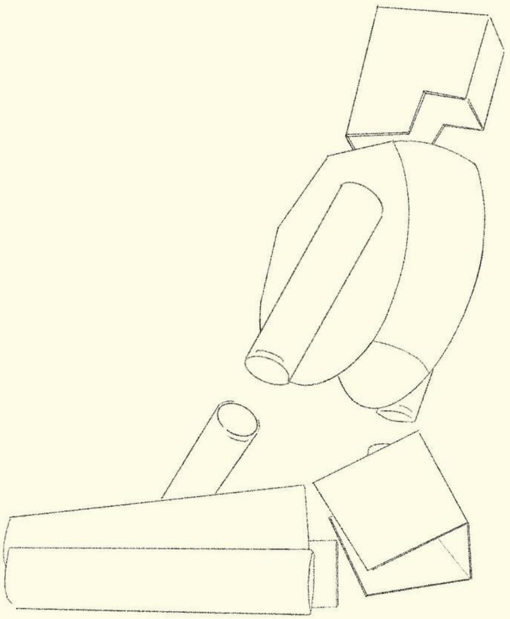


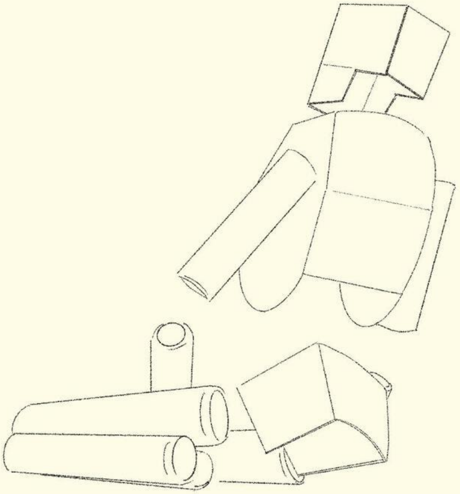


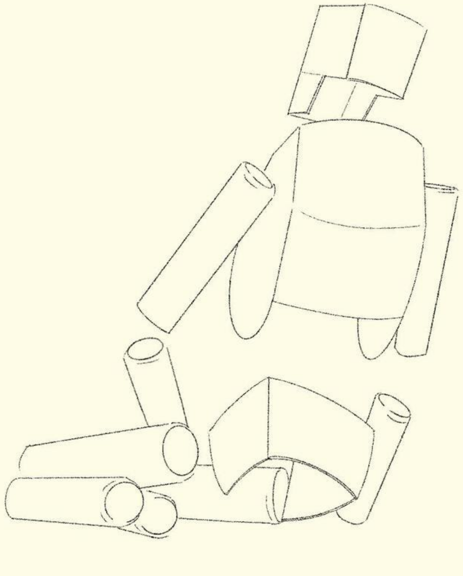


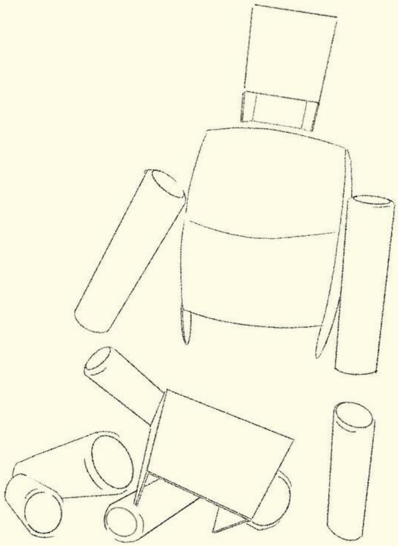


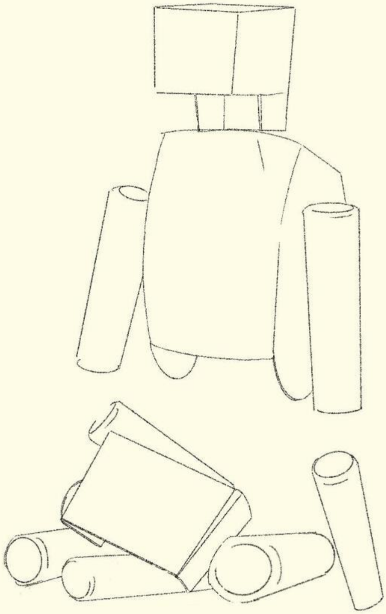


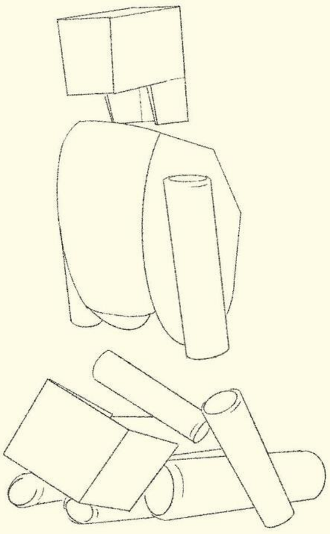


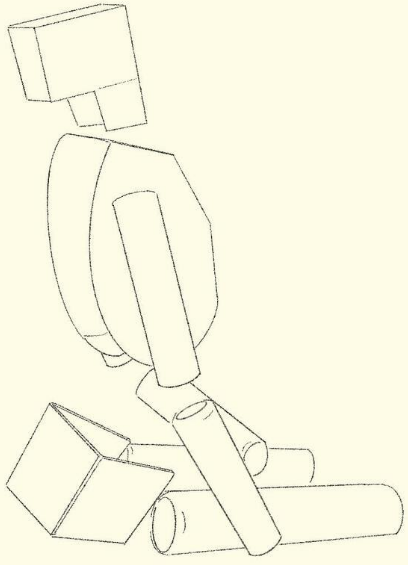


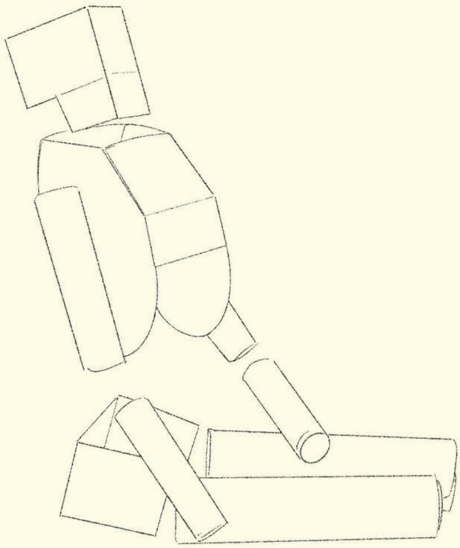


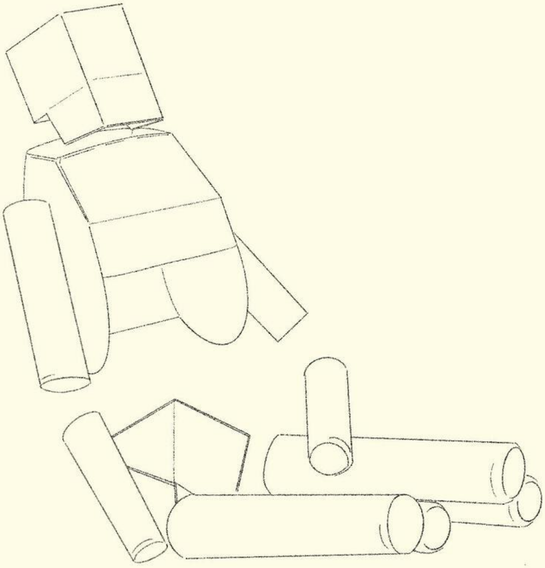


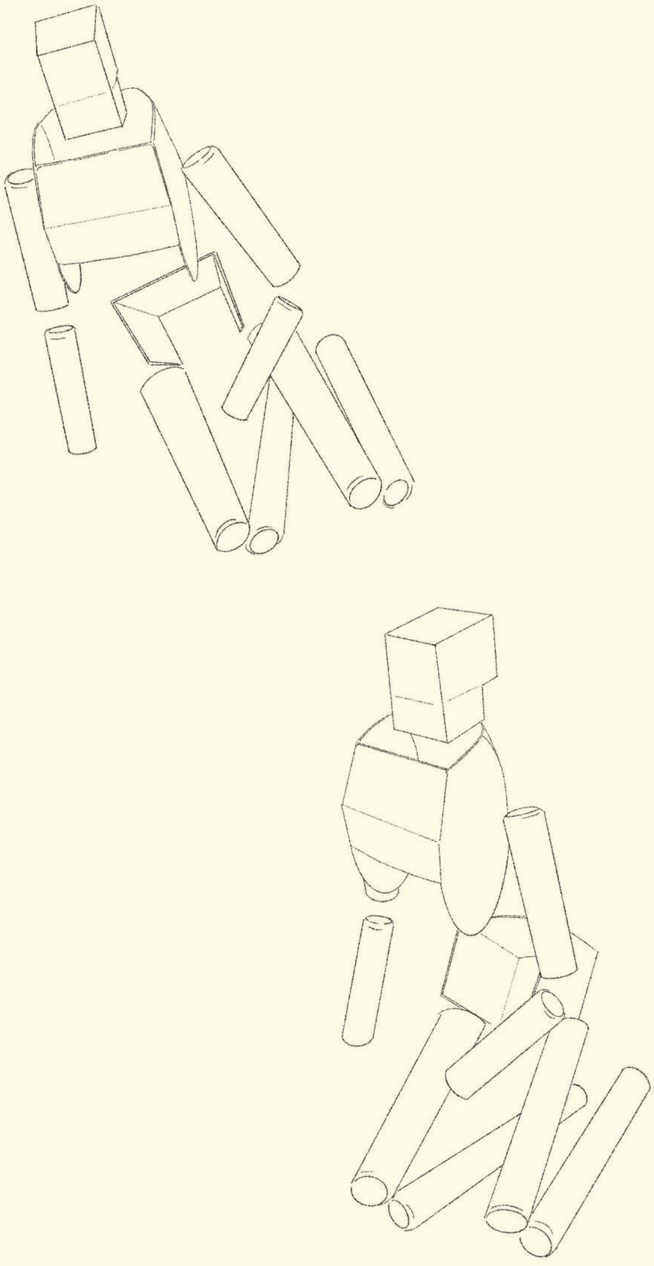


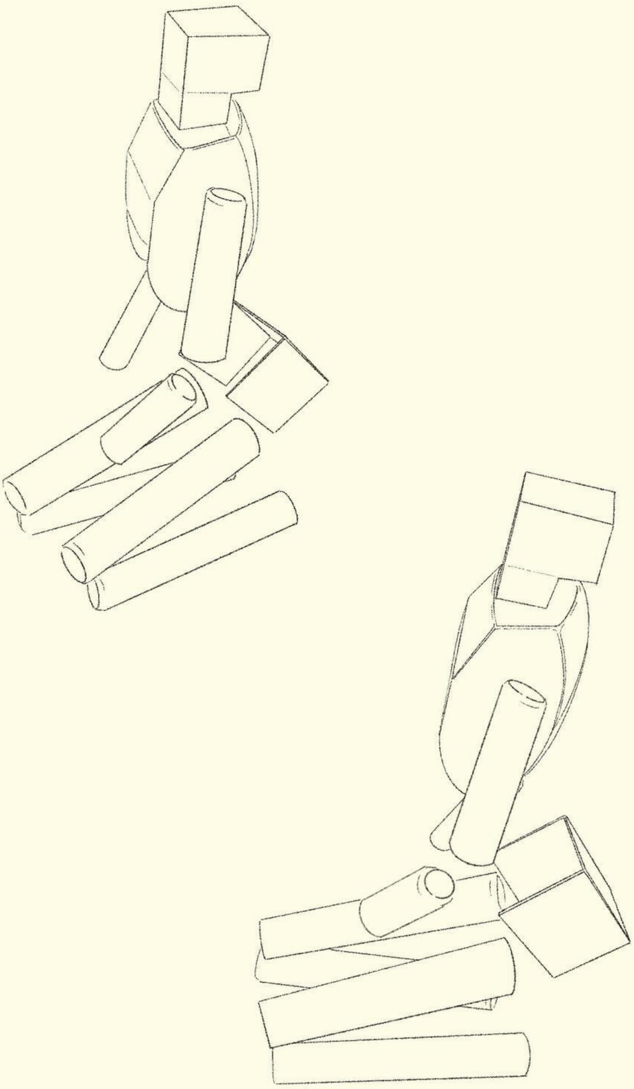


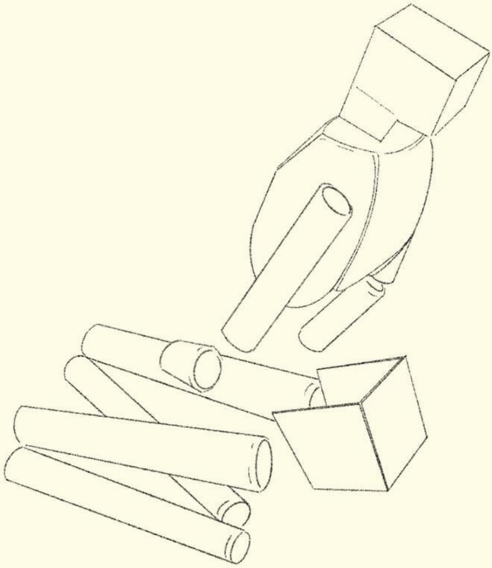


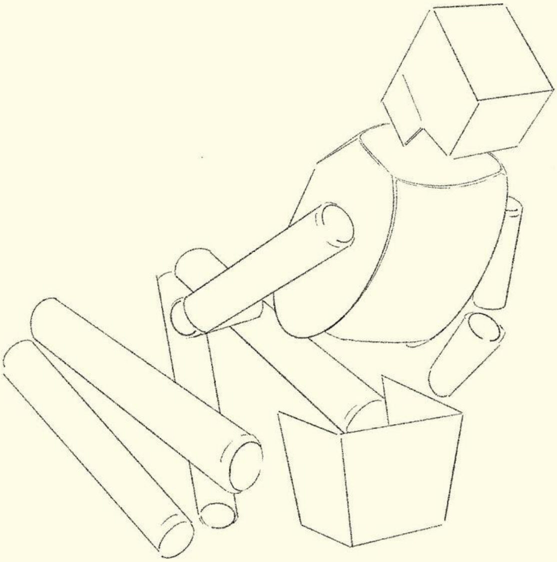


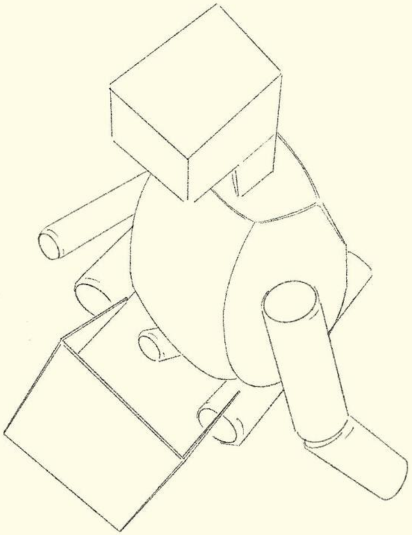


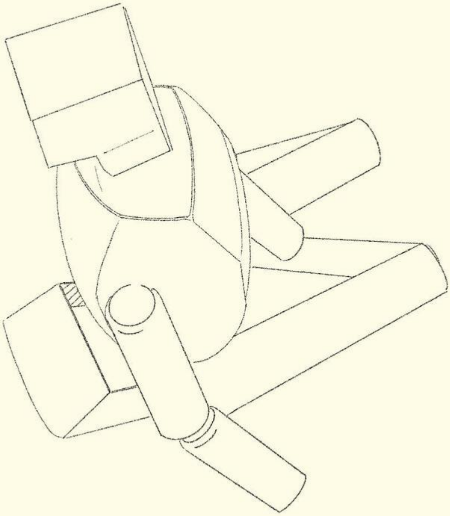


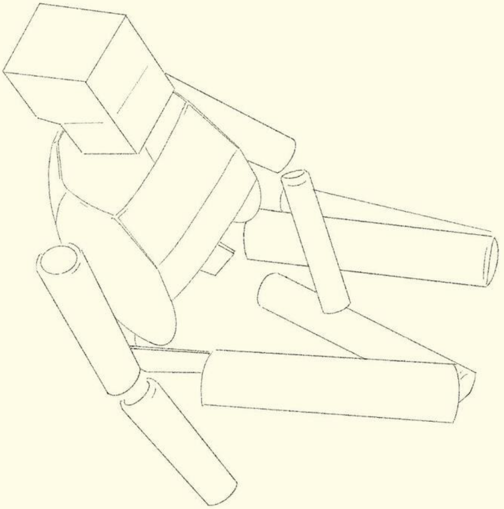


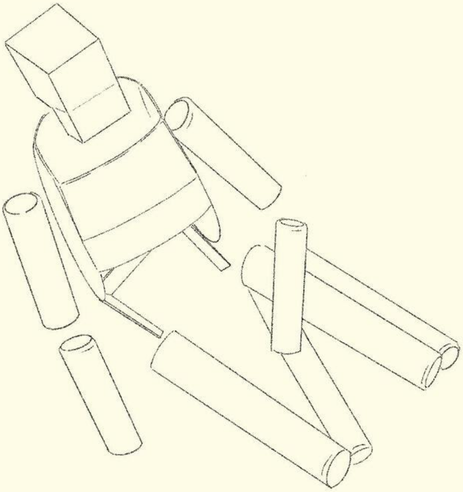


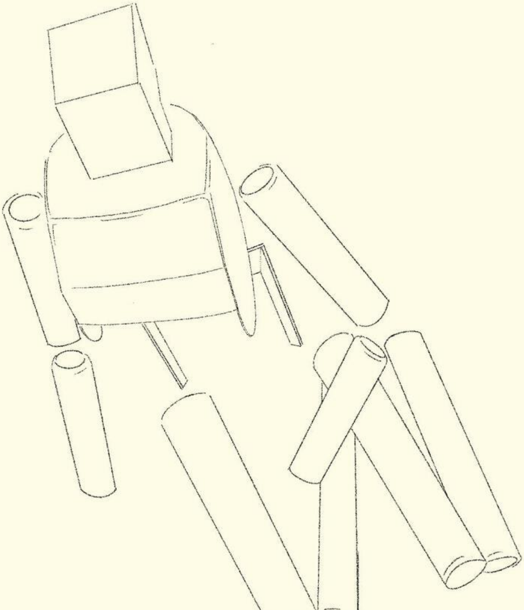


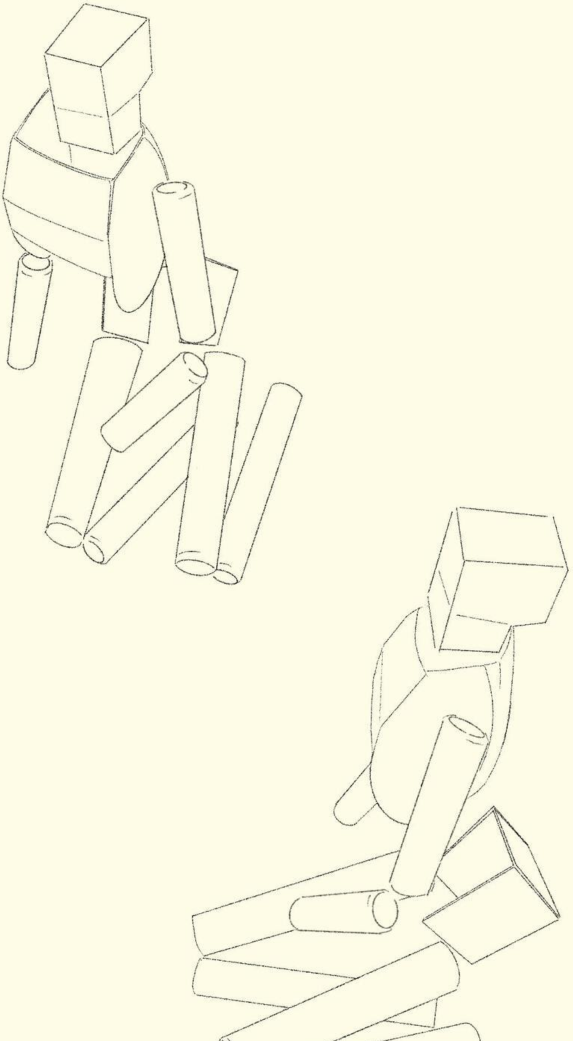


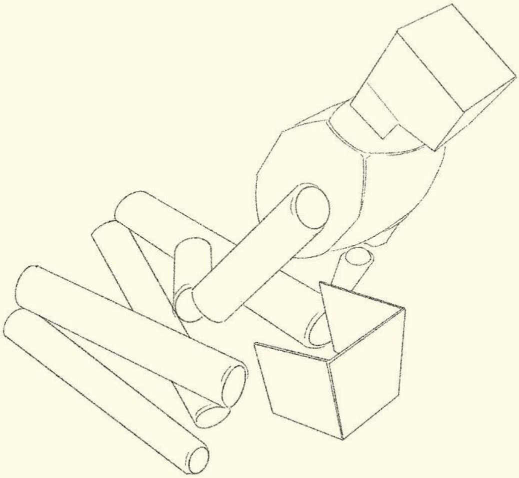


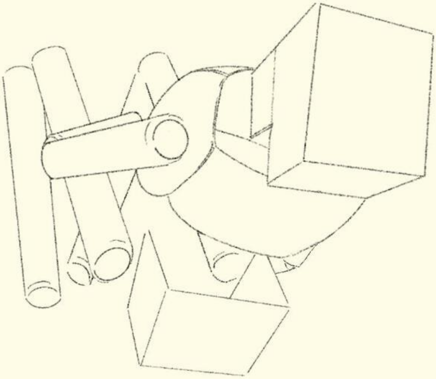


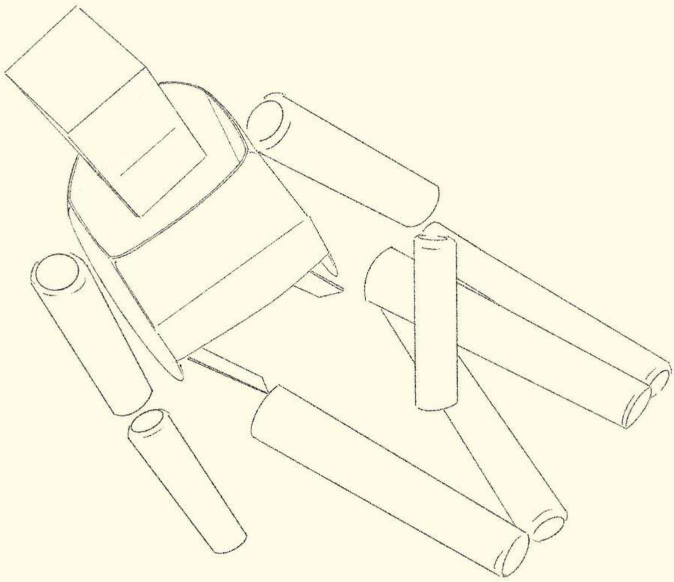


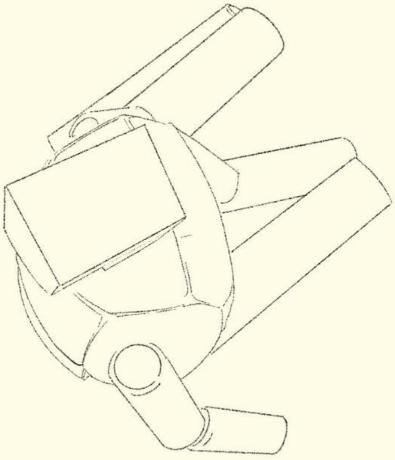


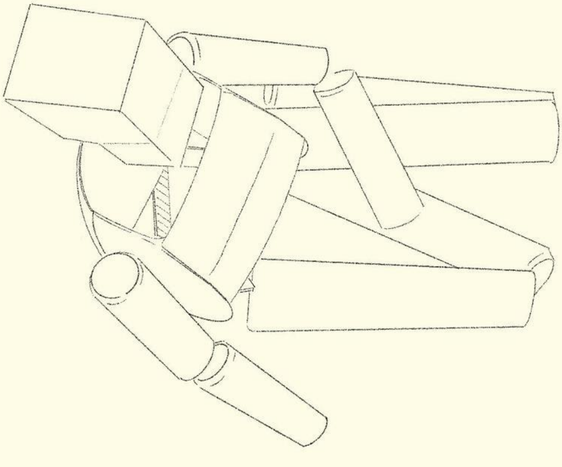




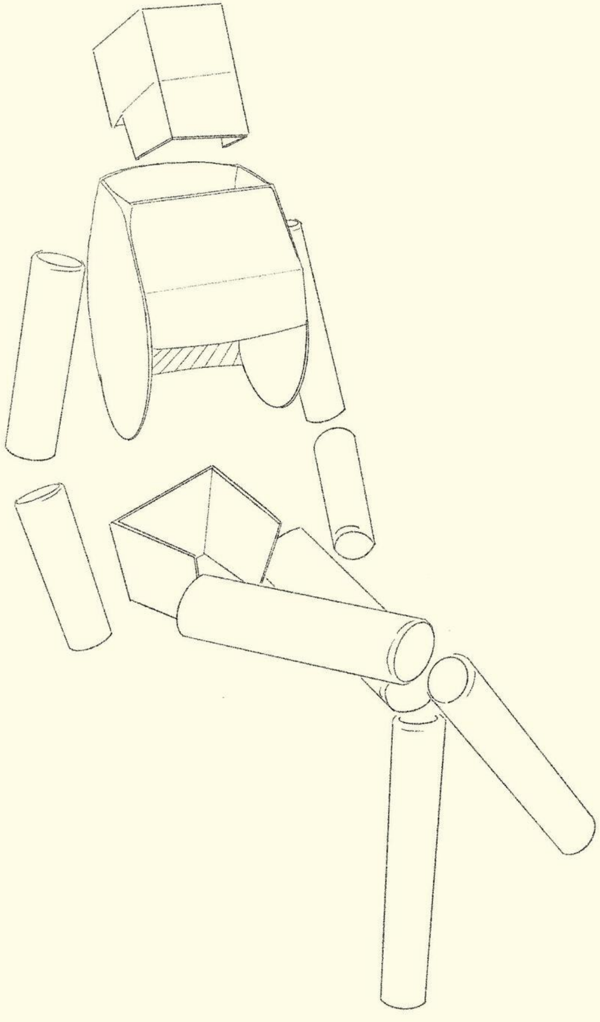


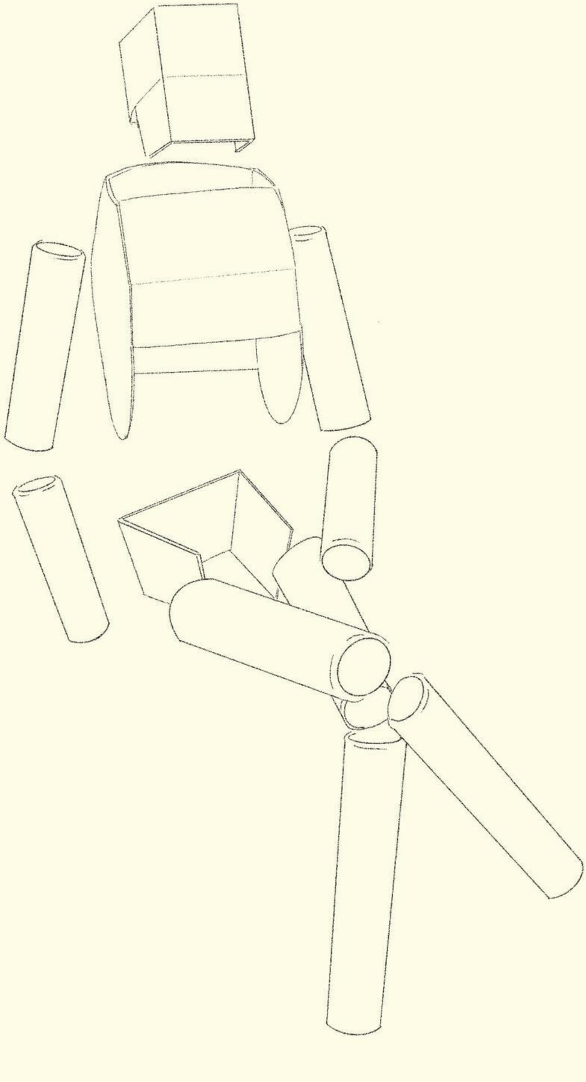


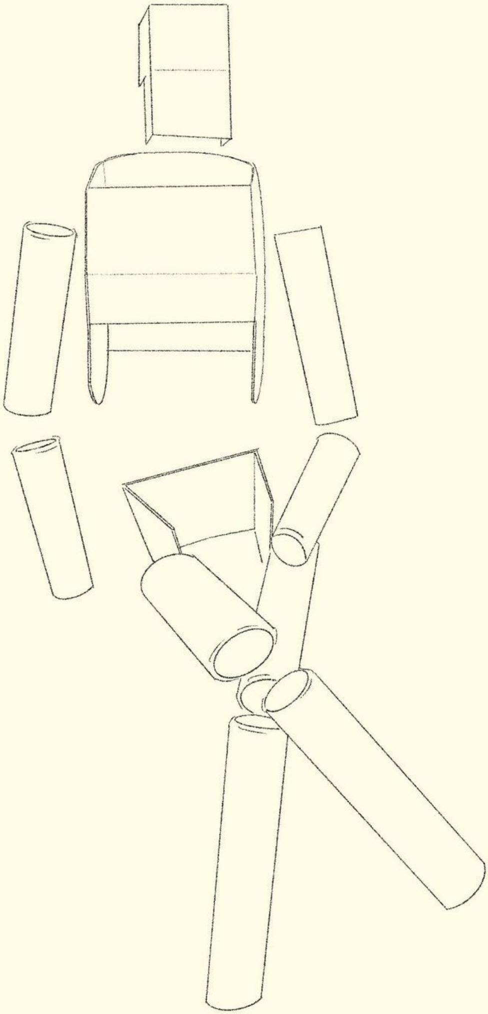


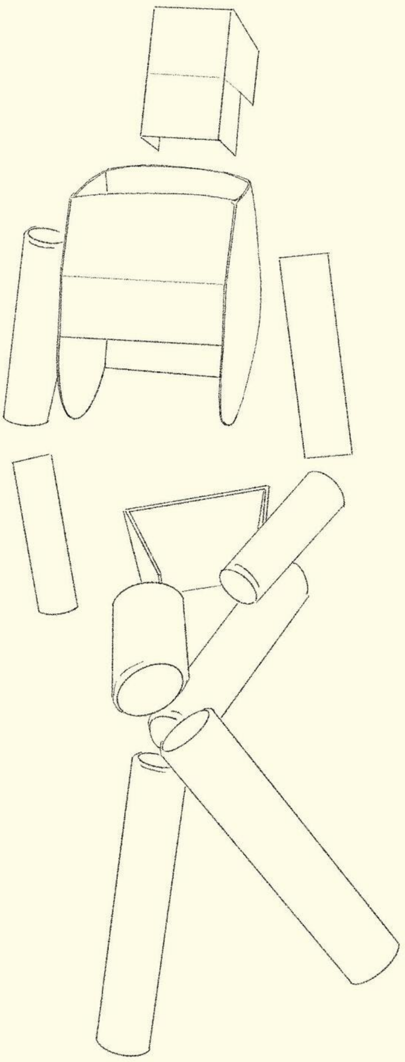


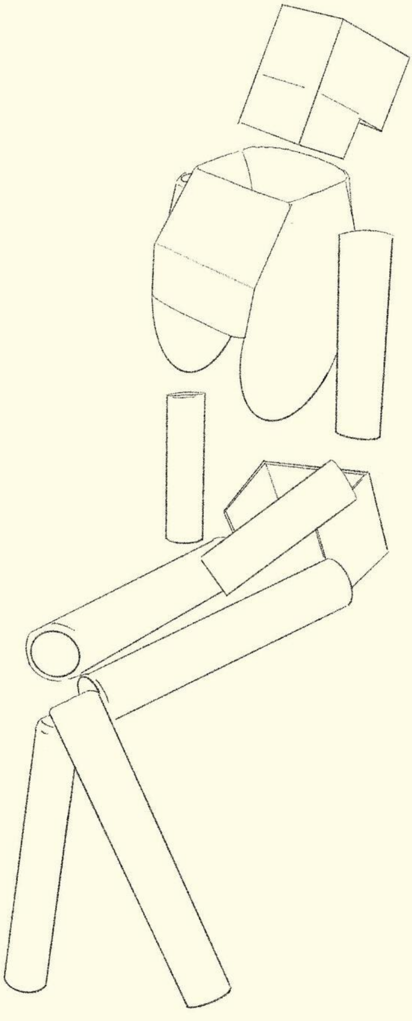
Pose 10

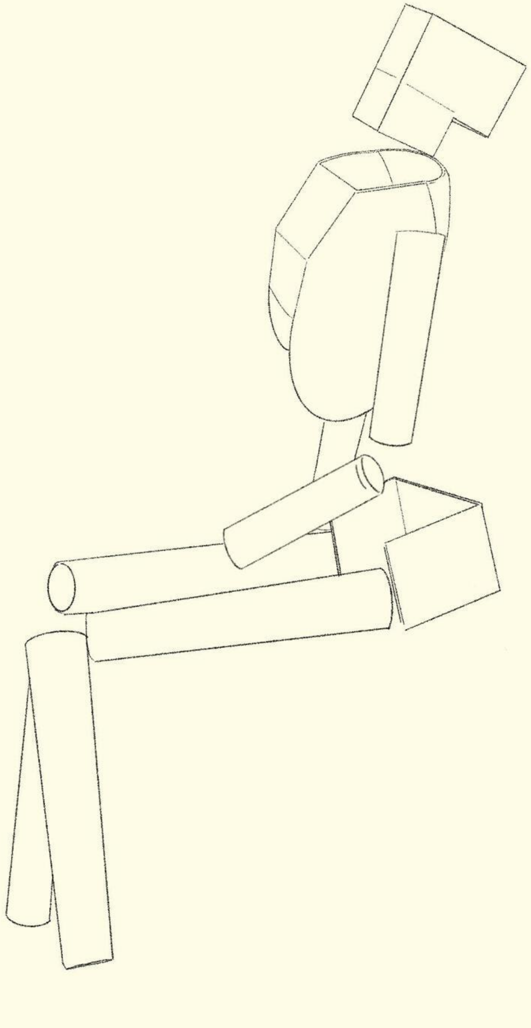


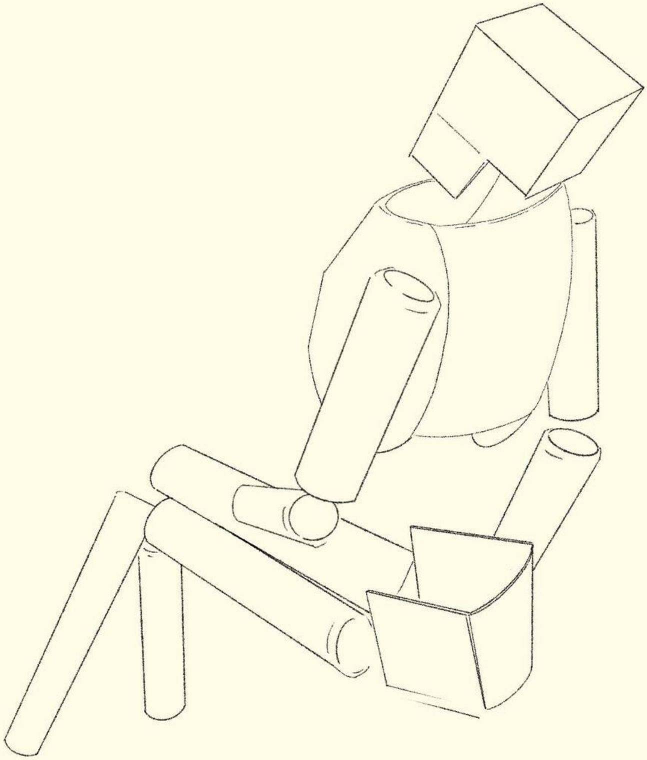


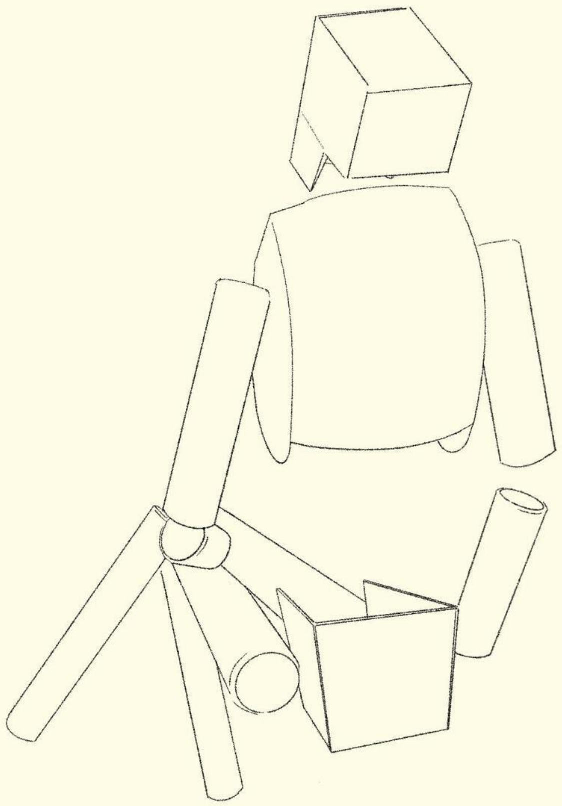


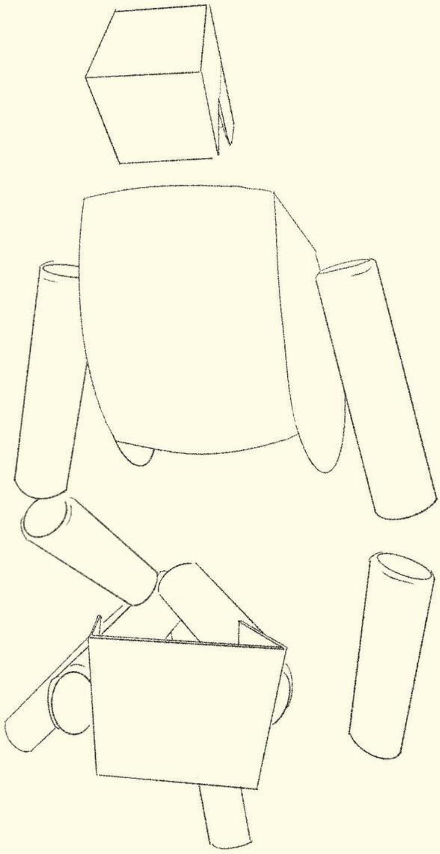


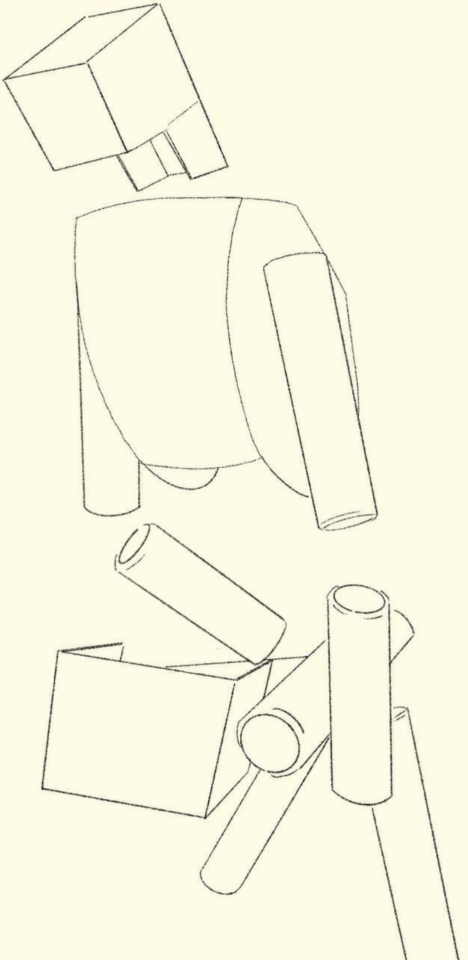


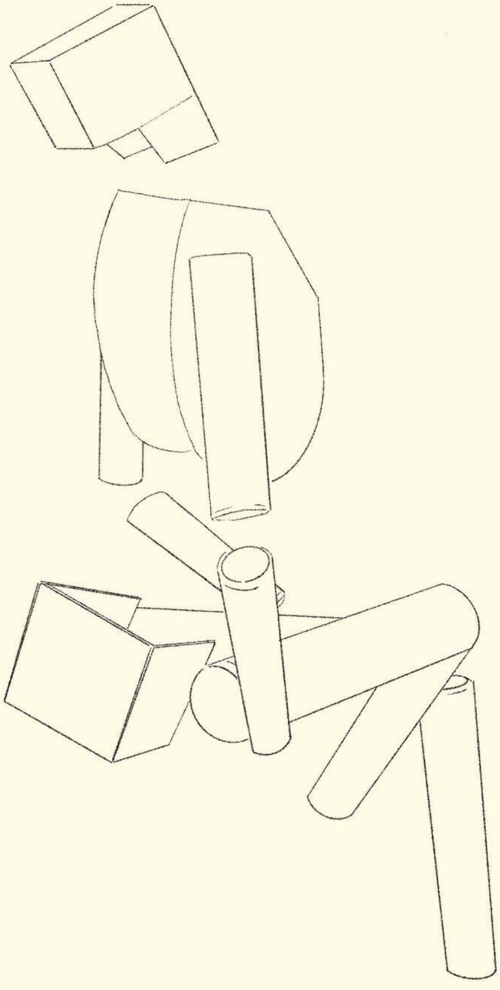


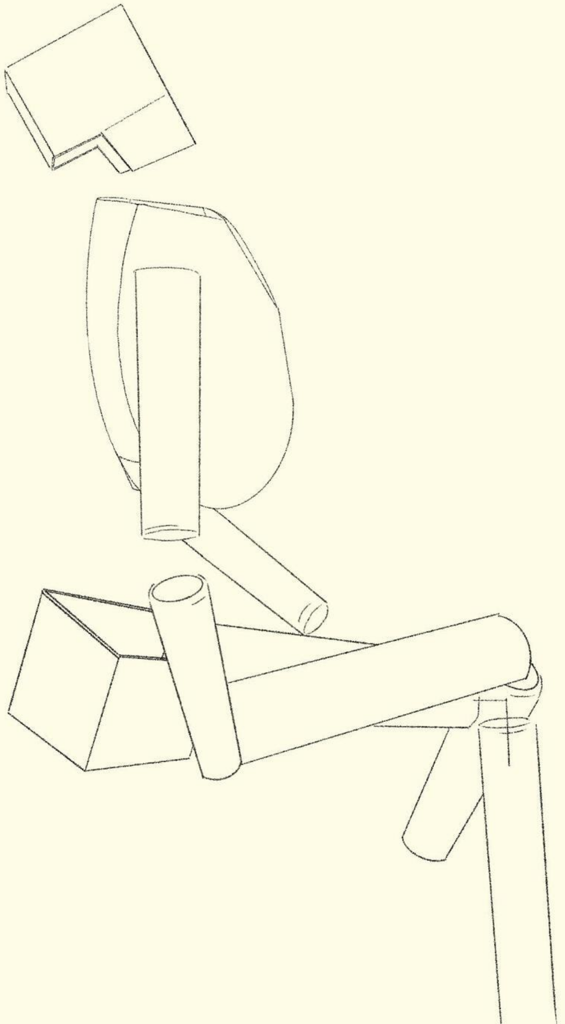


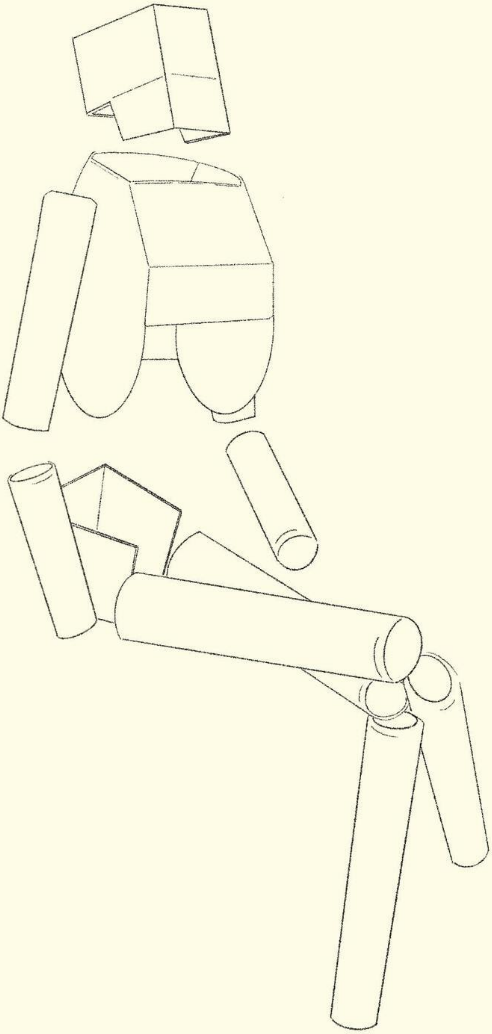


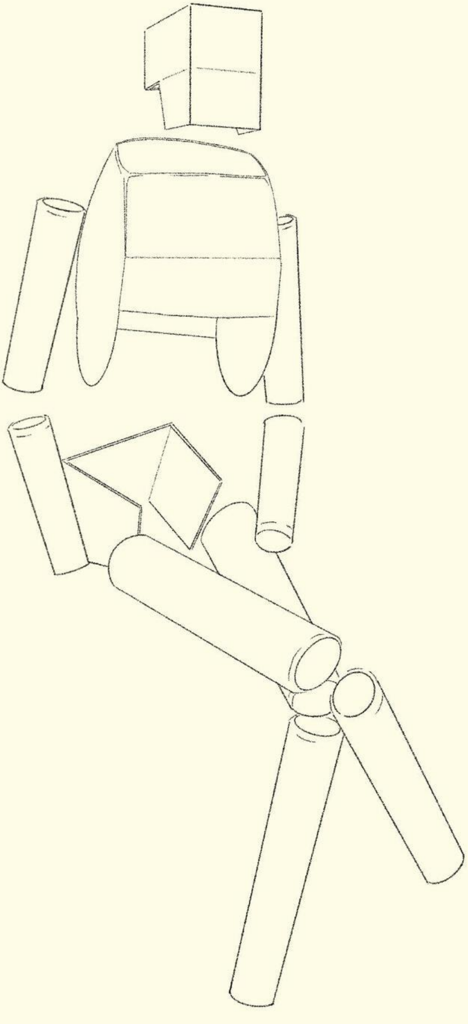


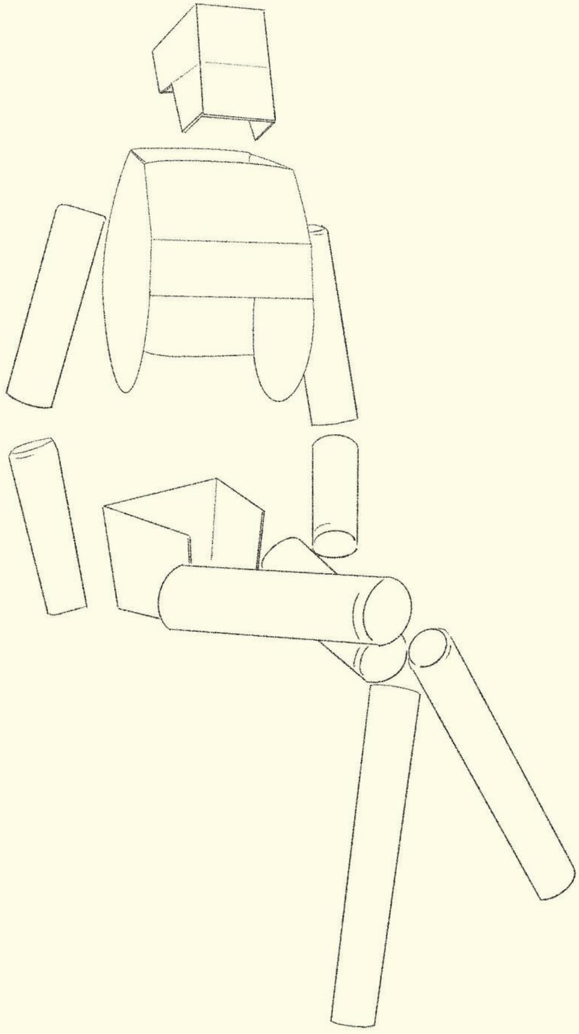


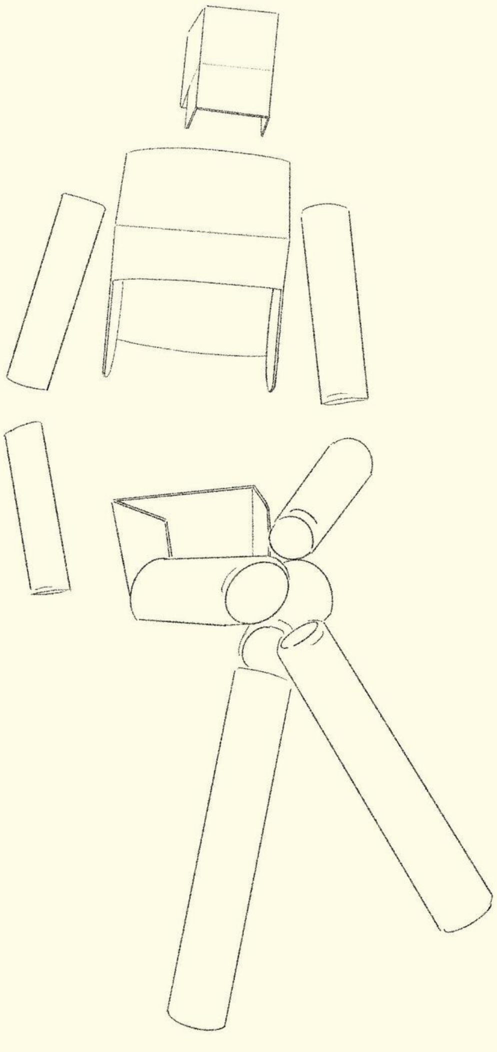


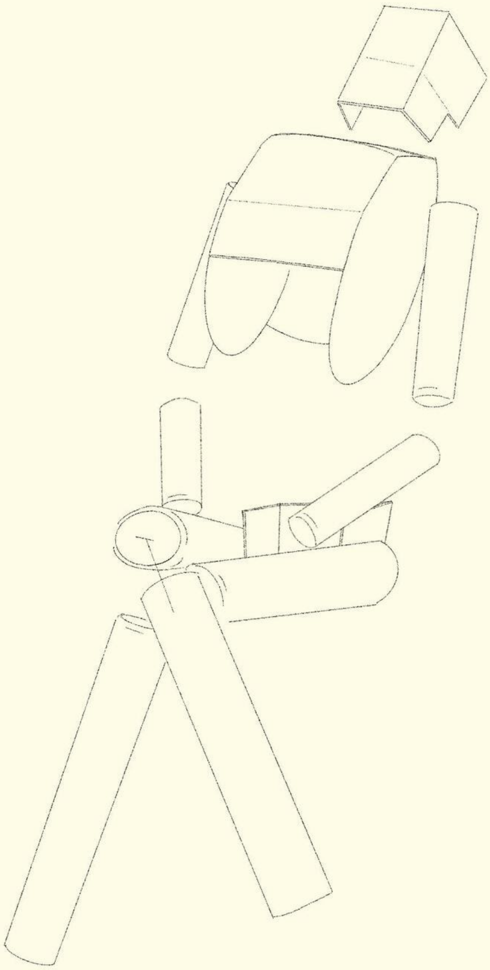


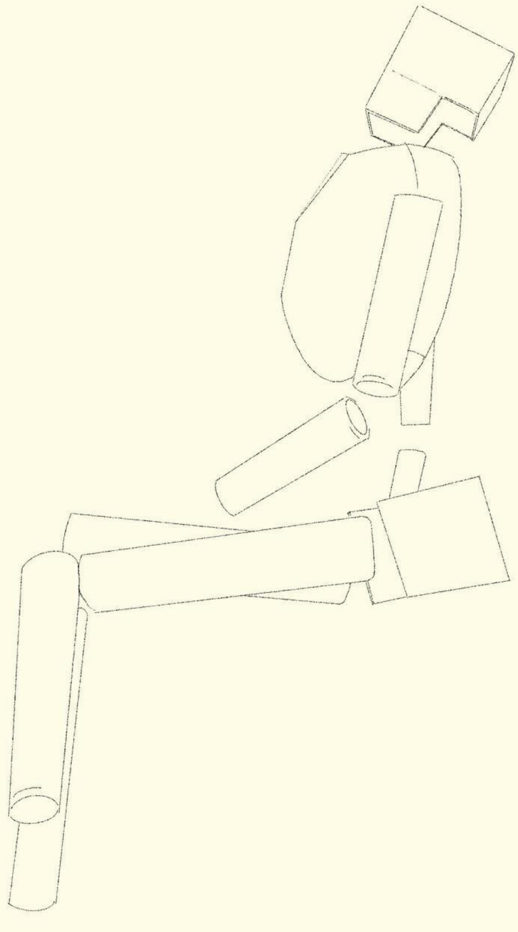


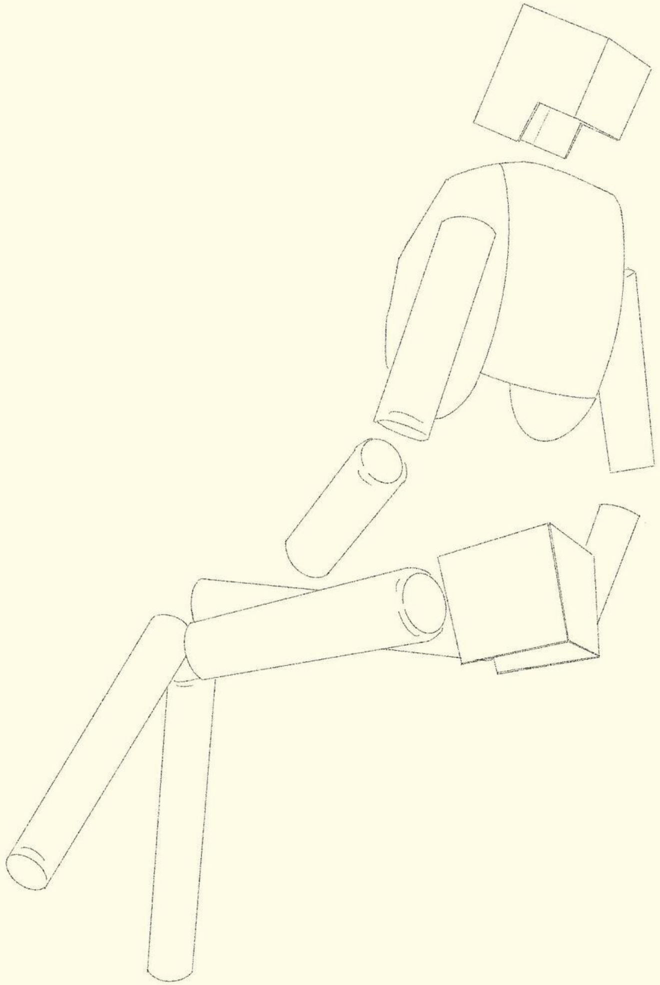


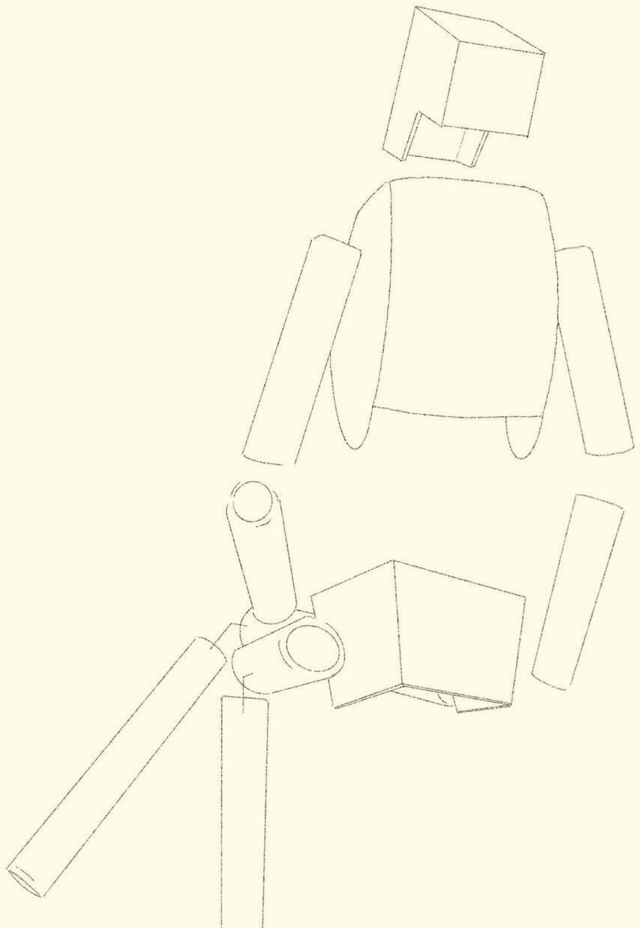


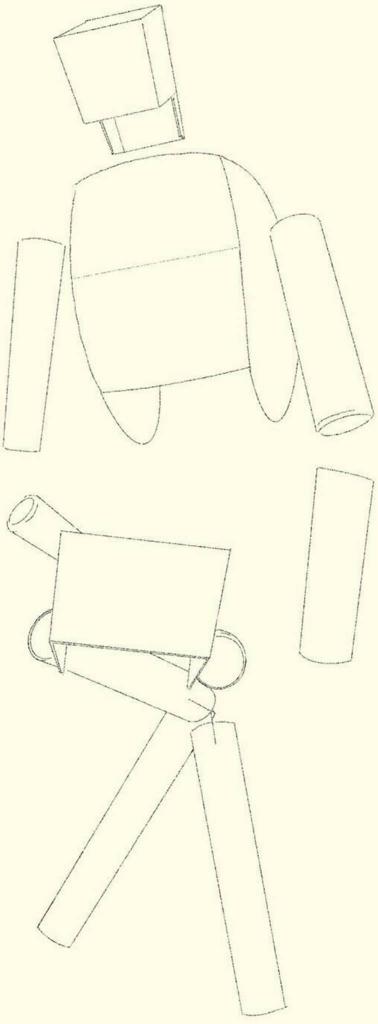


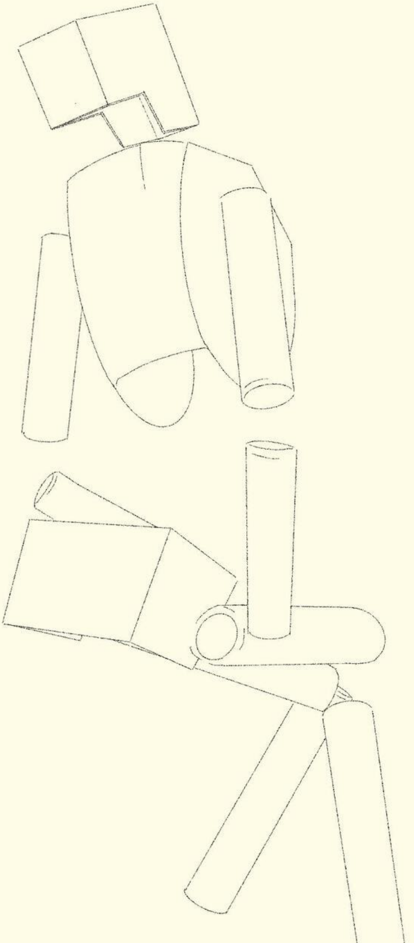


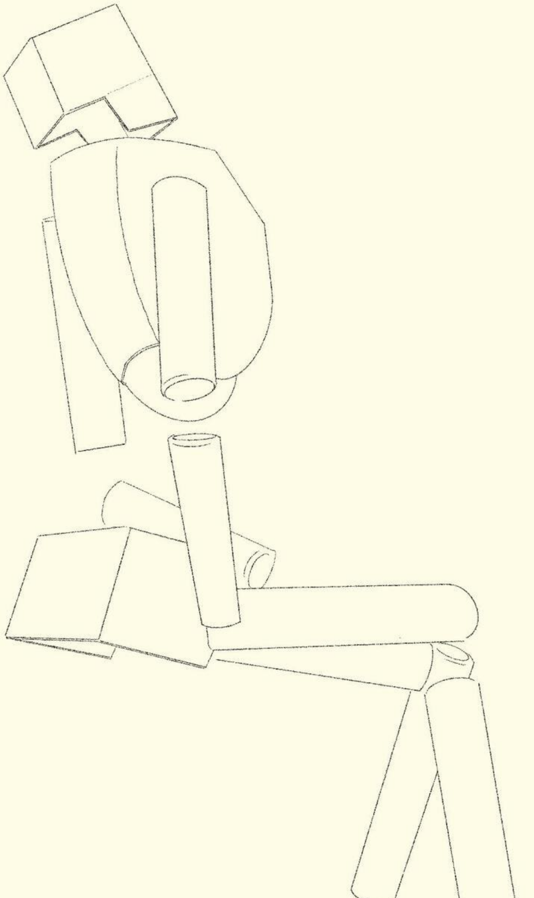


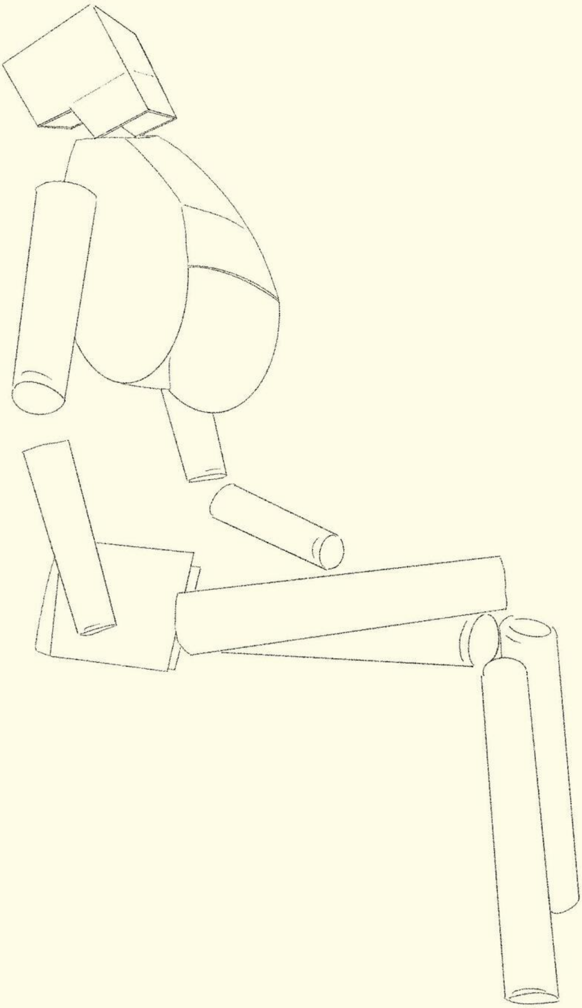


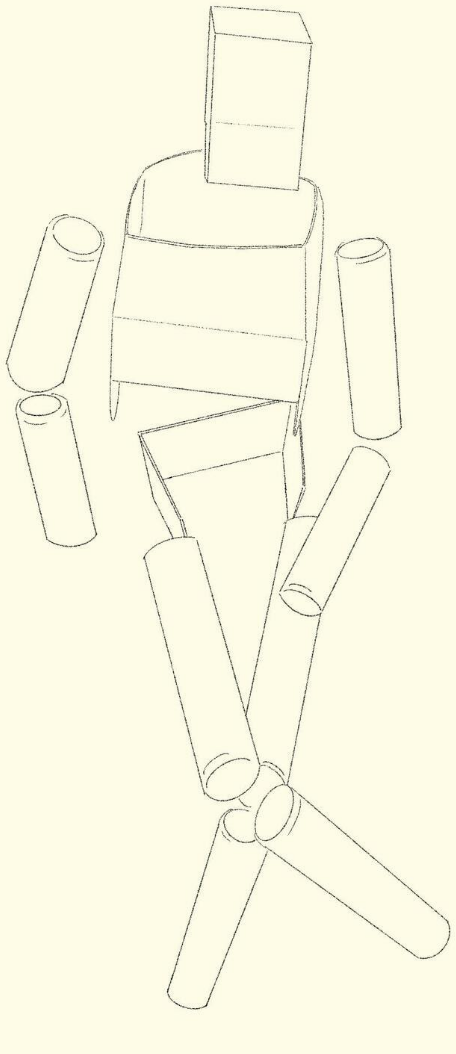


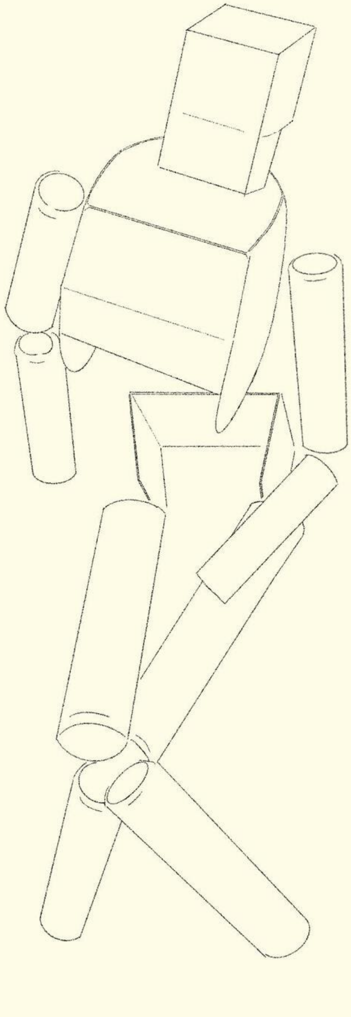


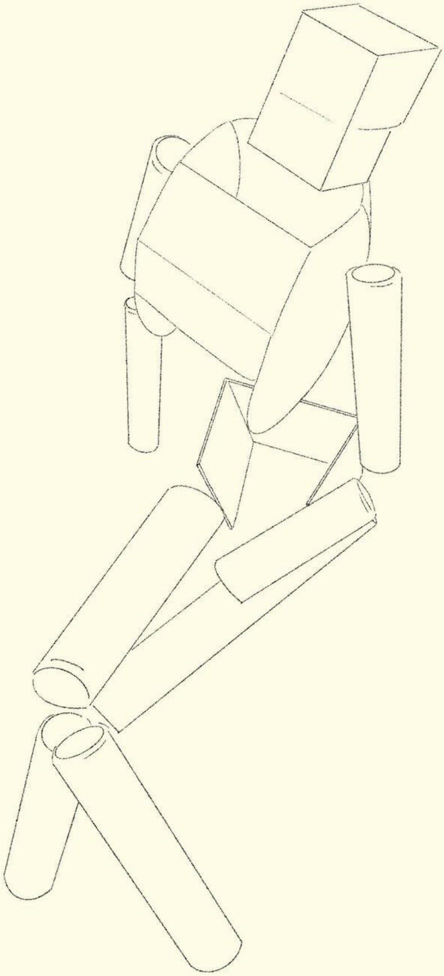


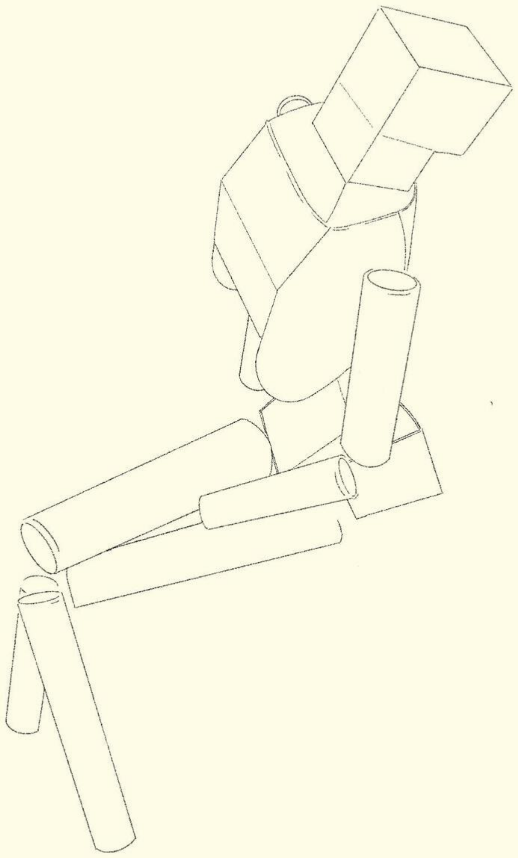


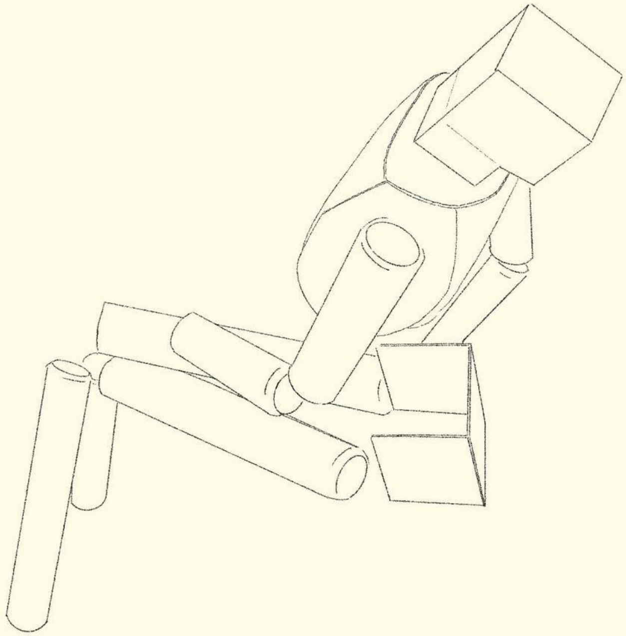


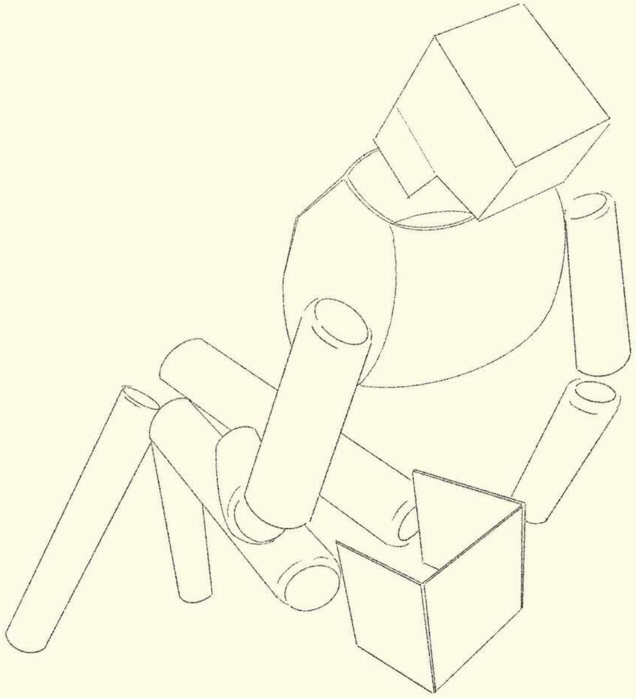


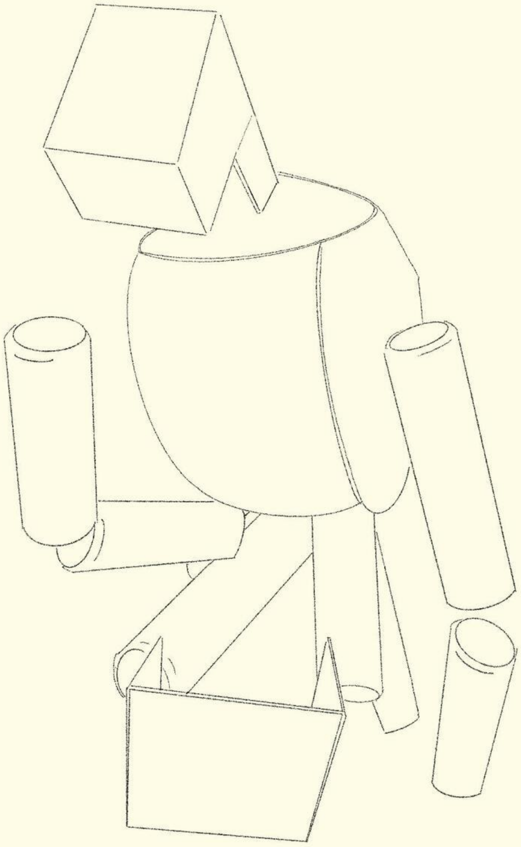


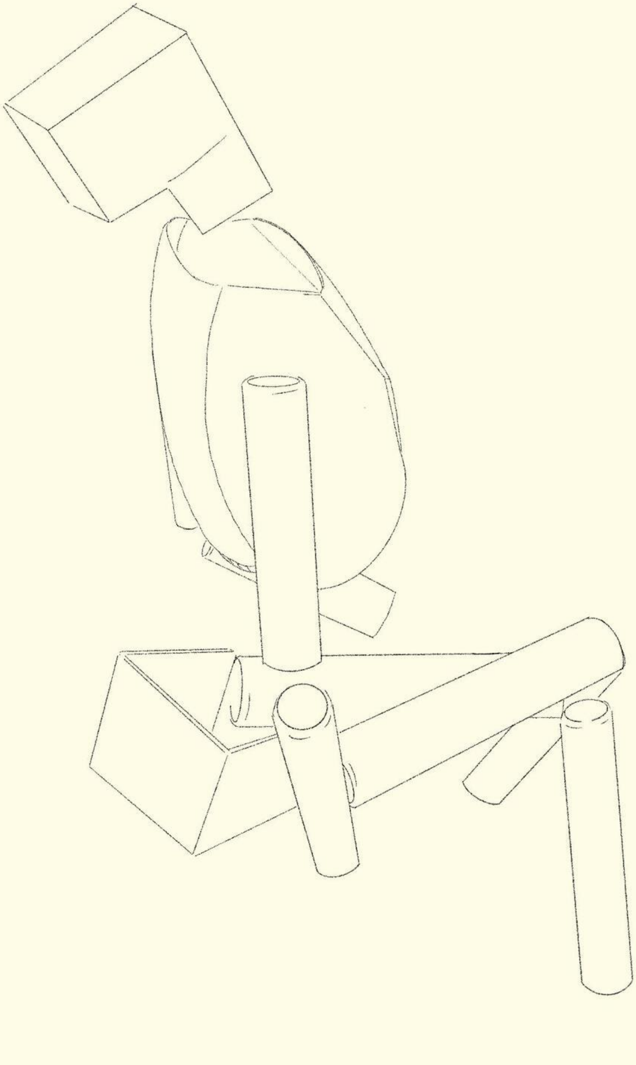


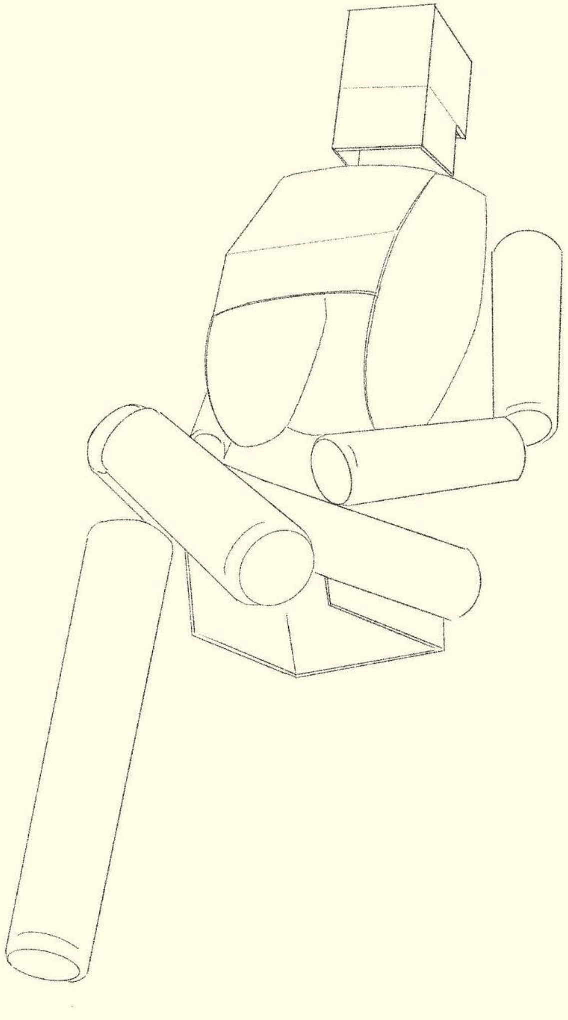


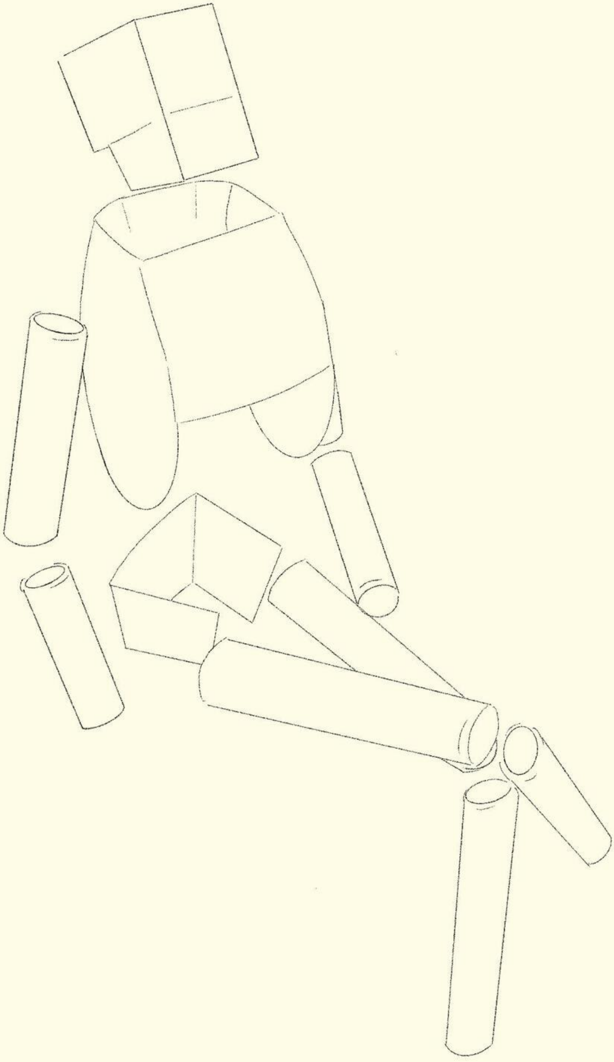




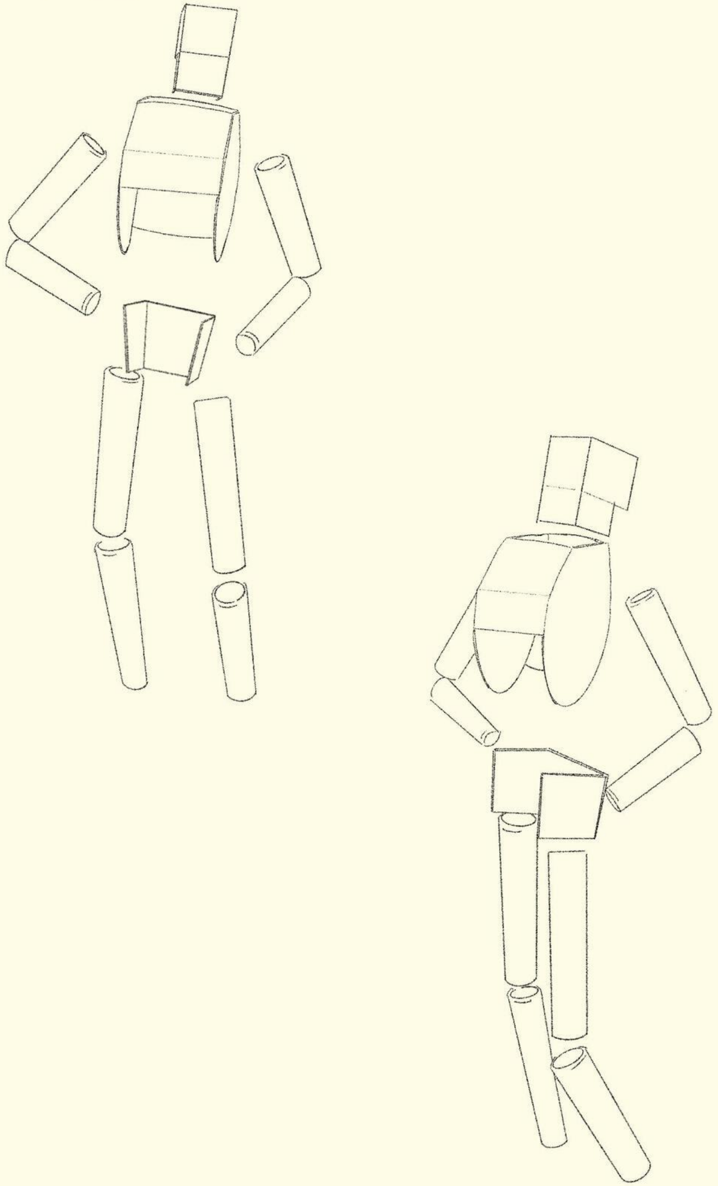


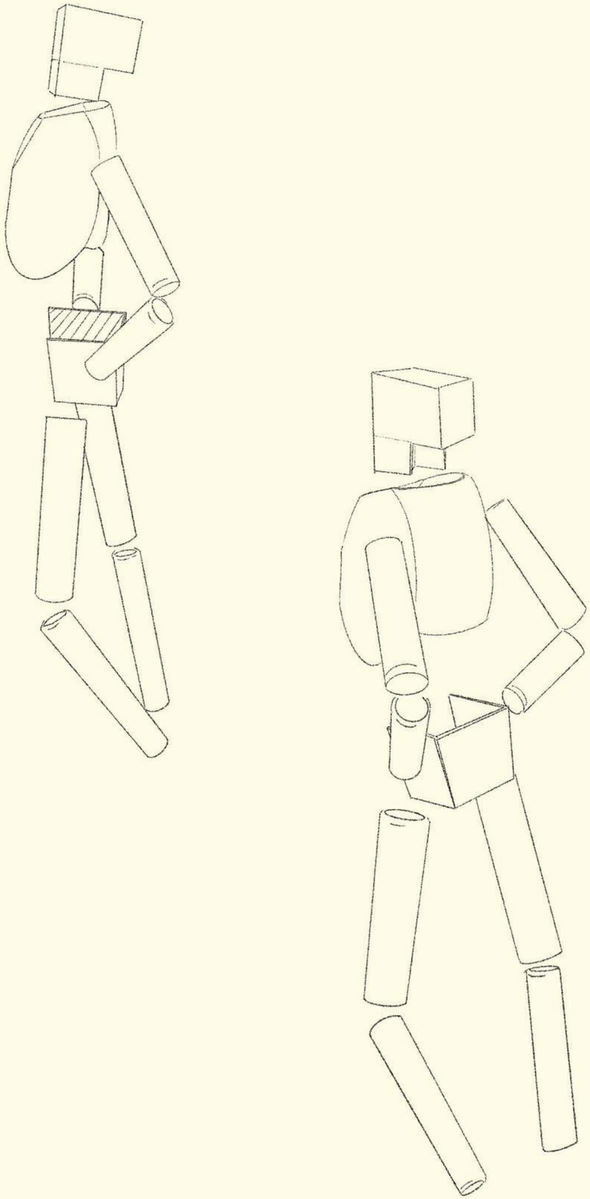


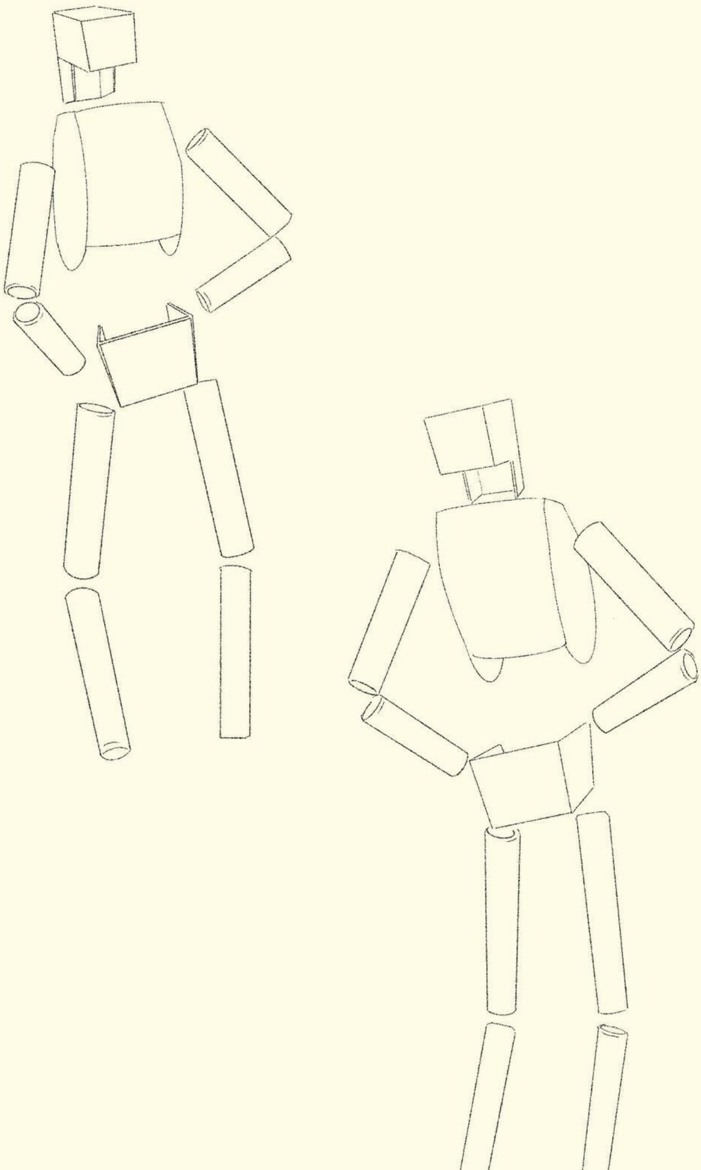


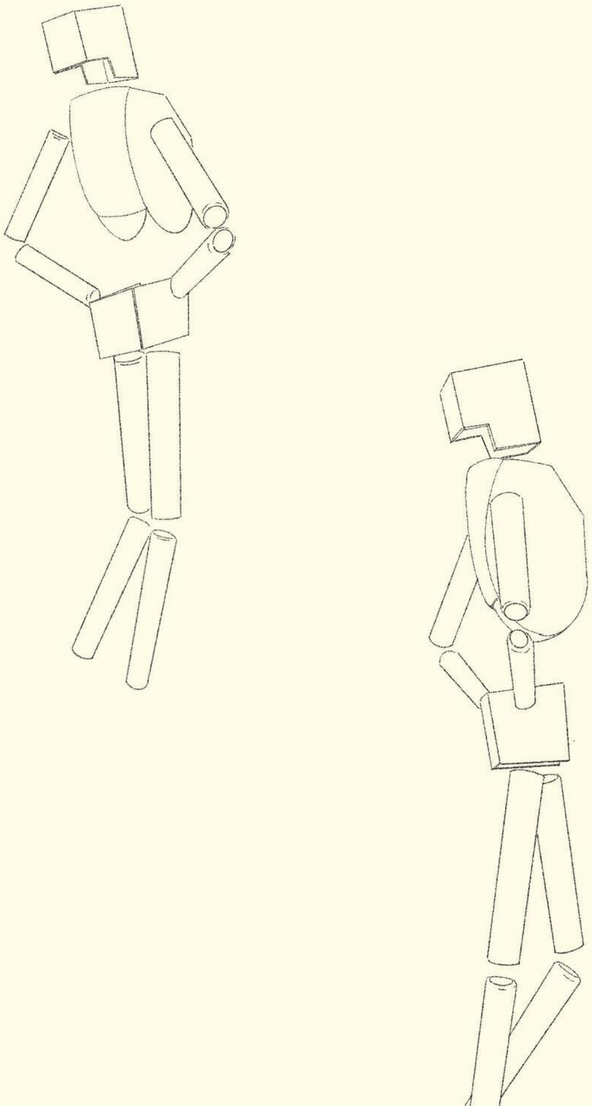


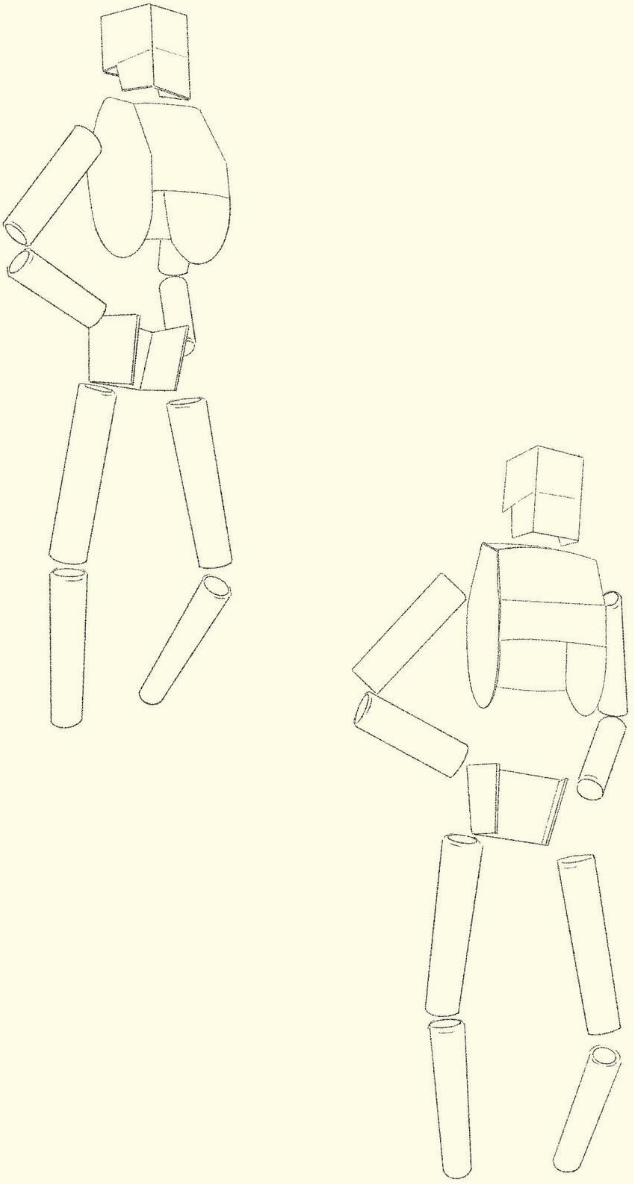
Pose 11

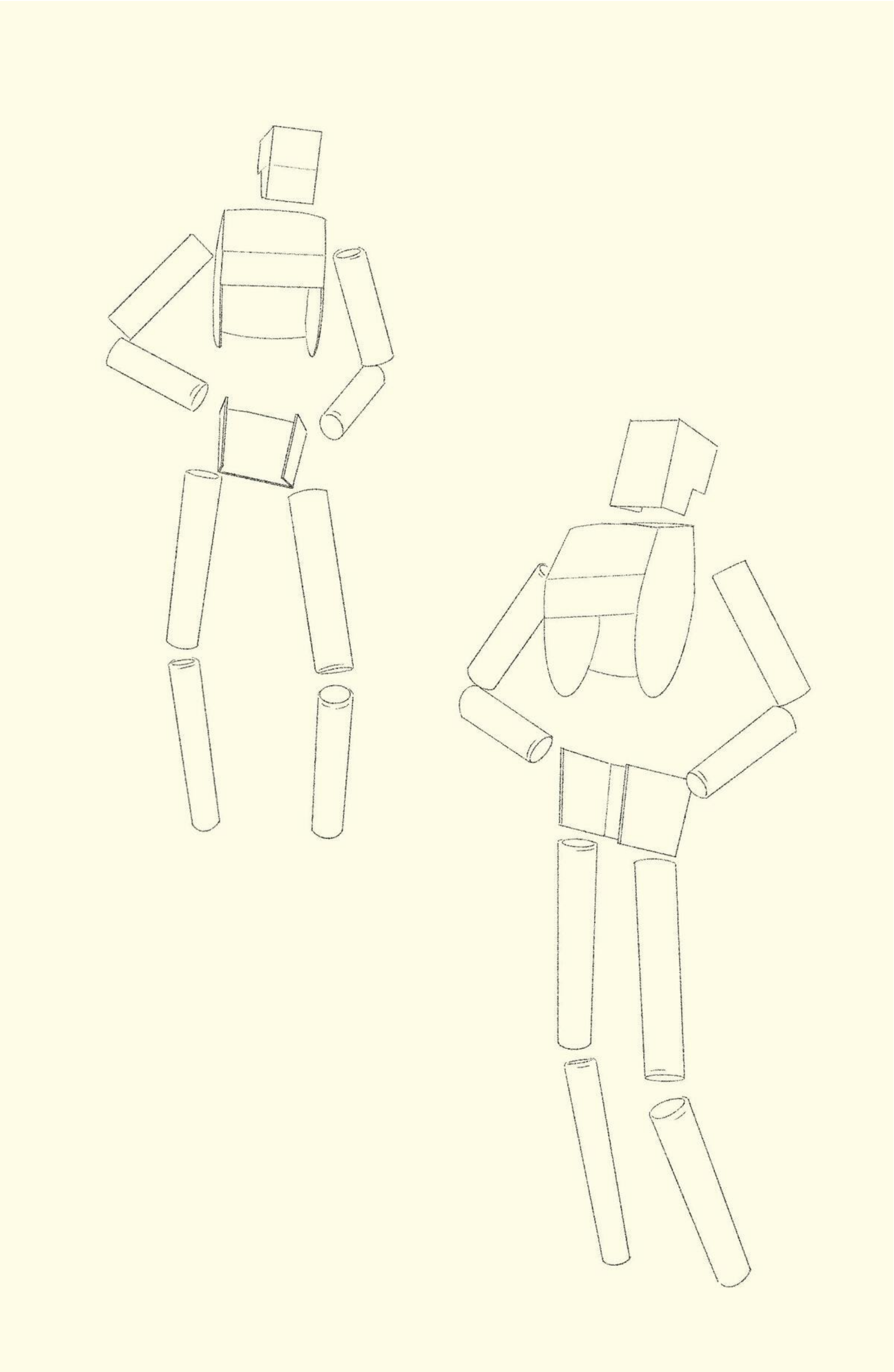


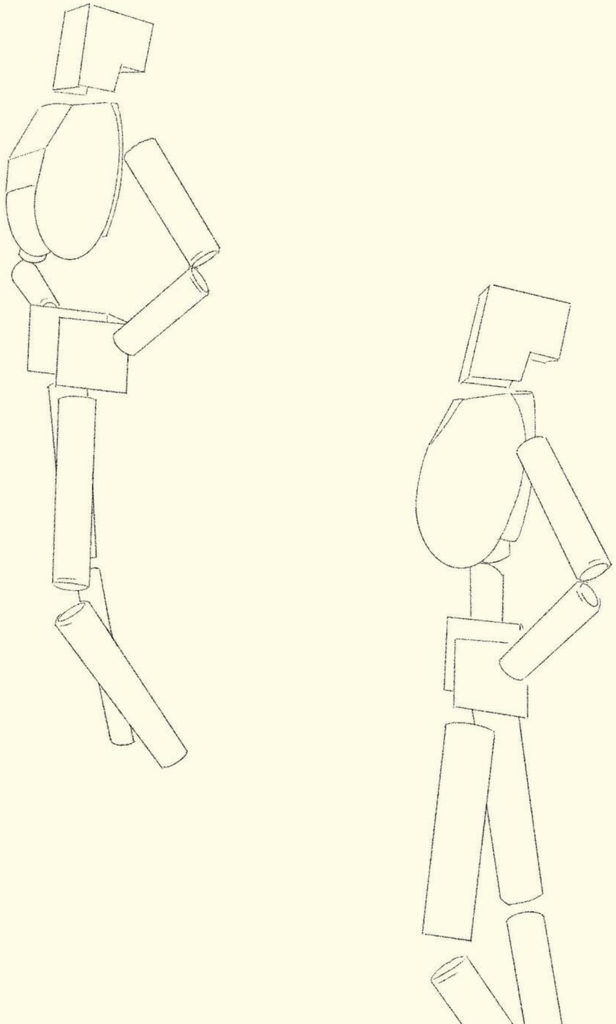


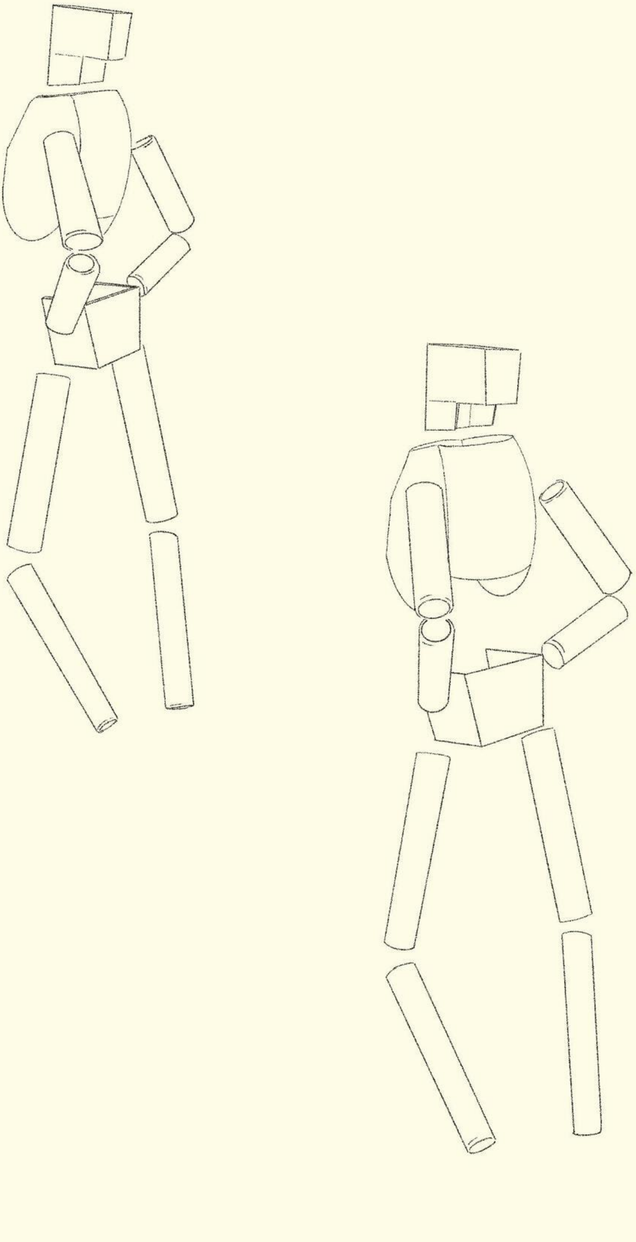


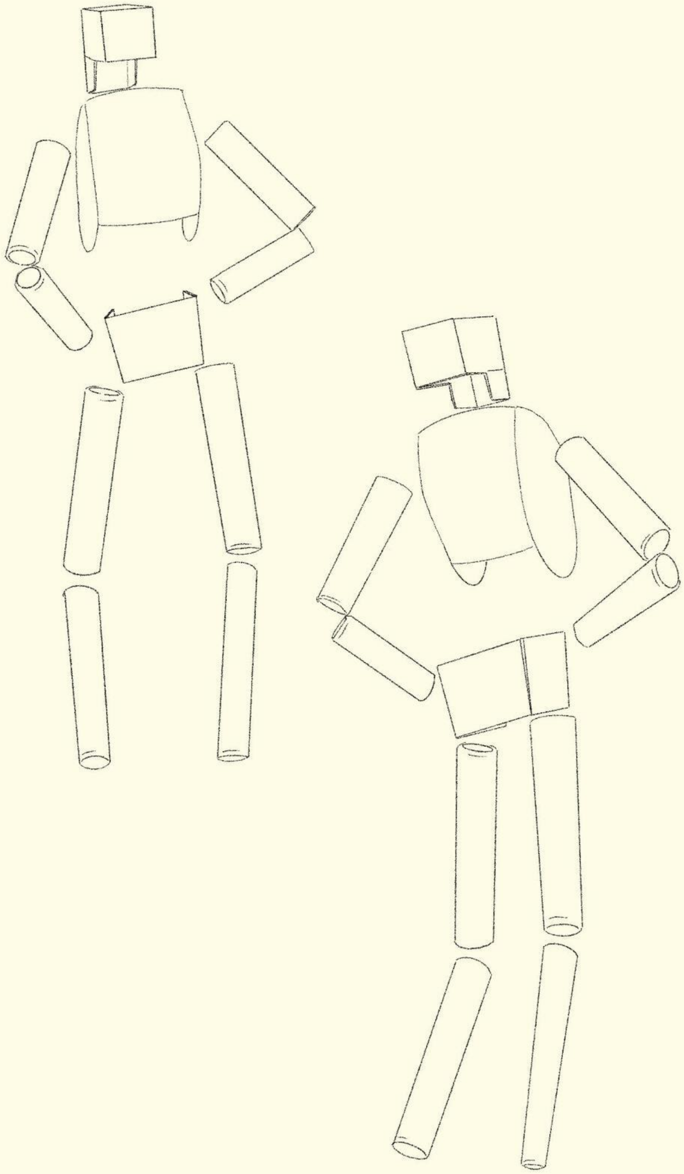


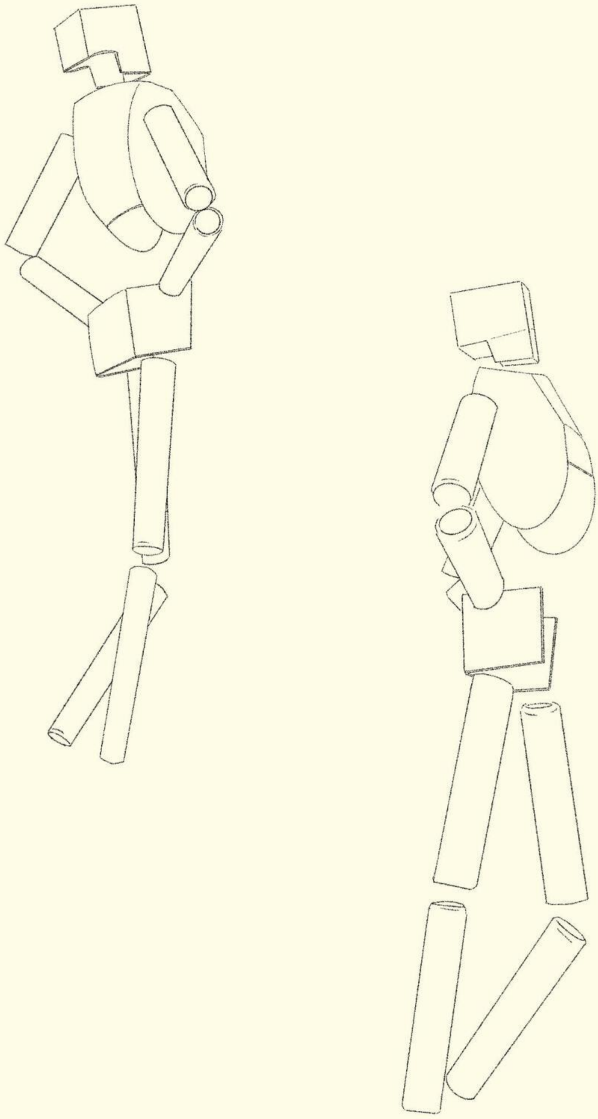


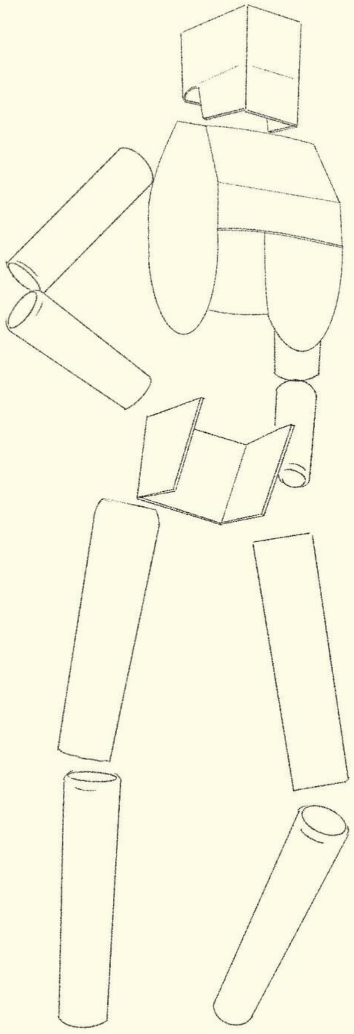


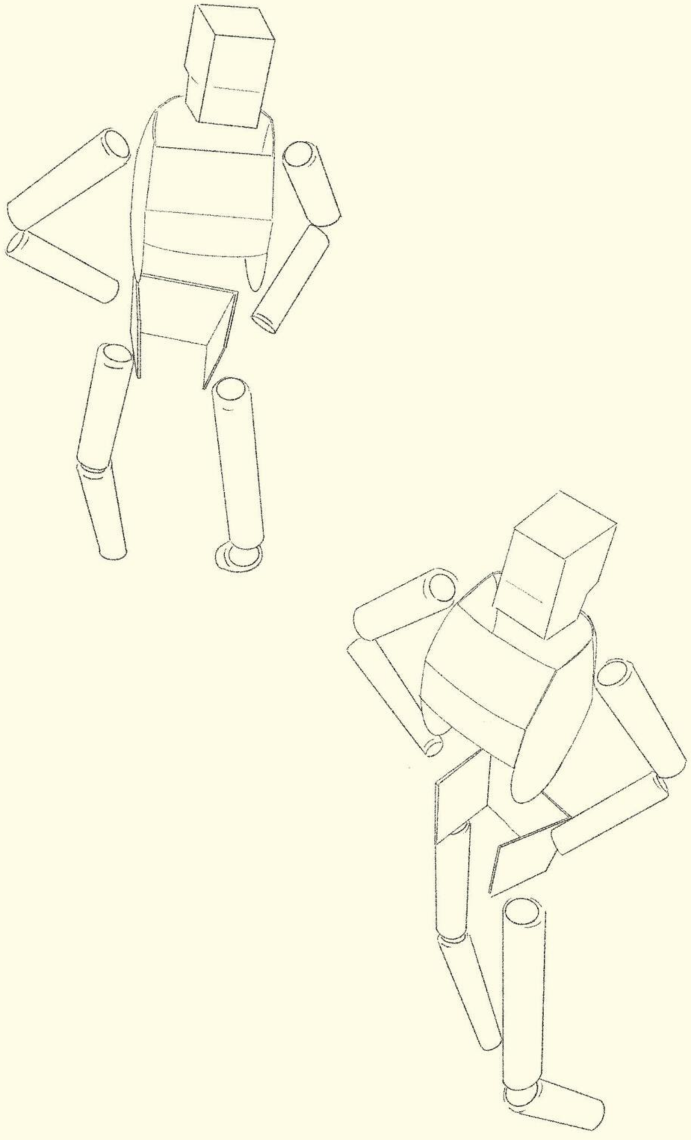


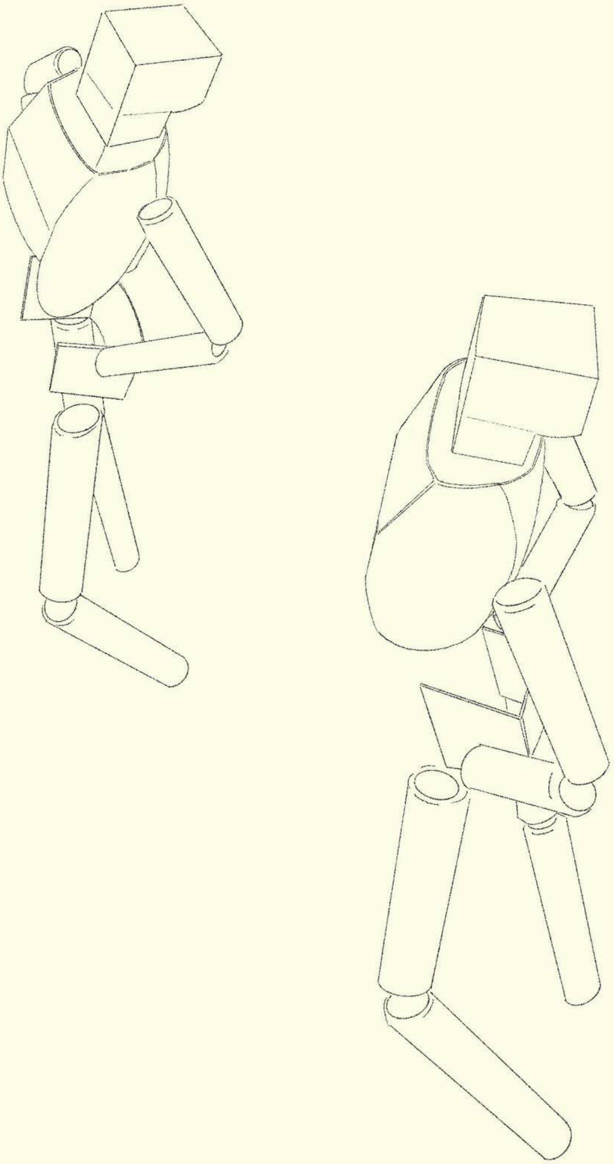


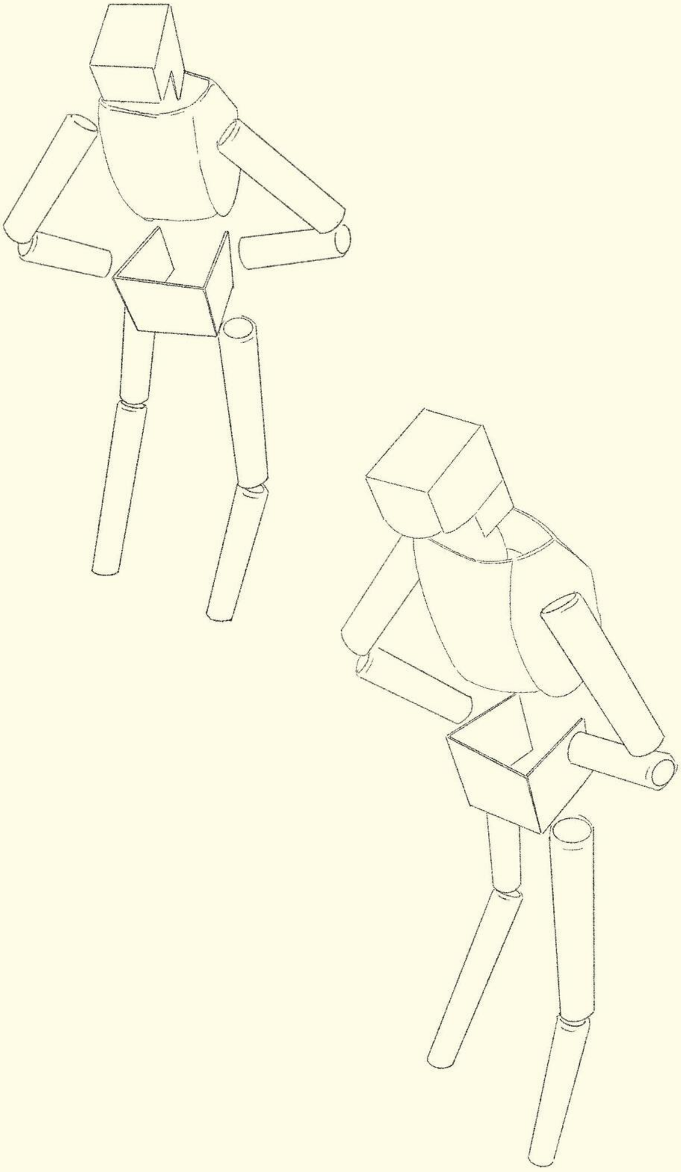


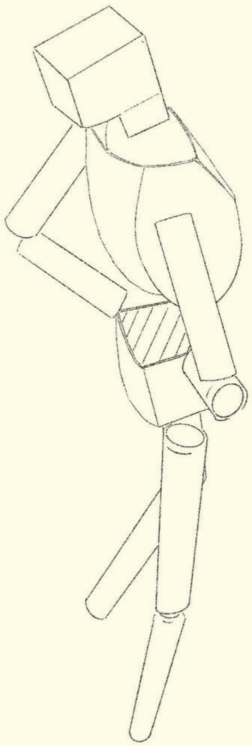


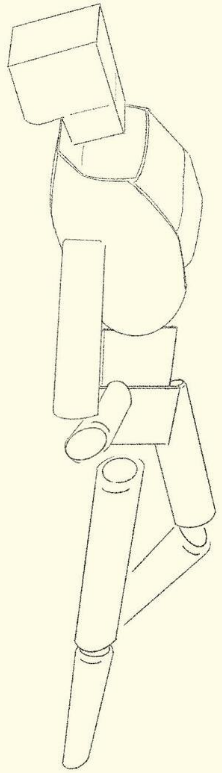


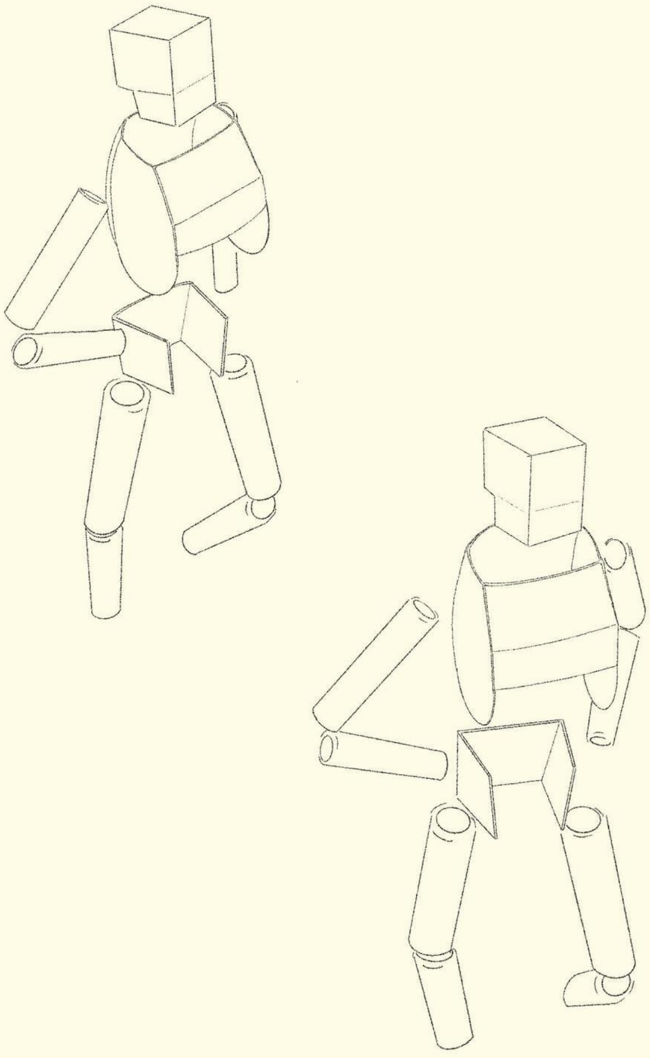


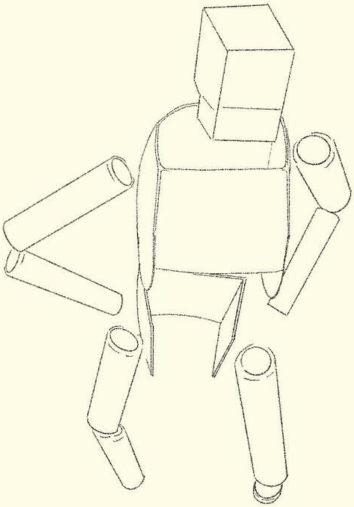
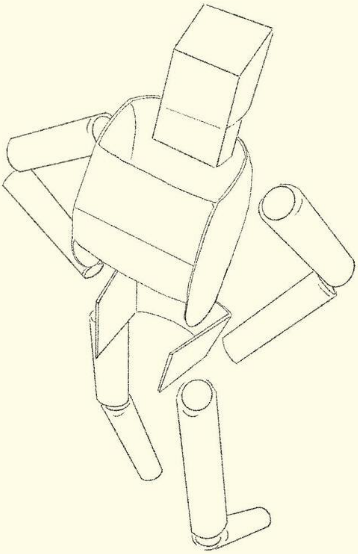


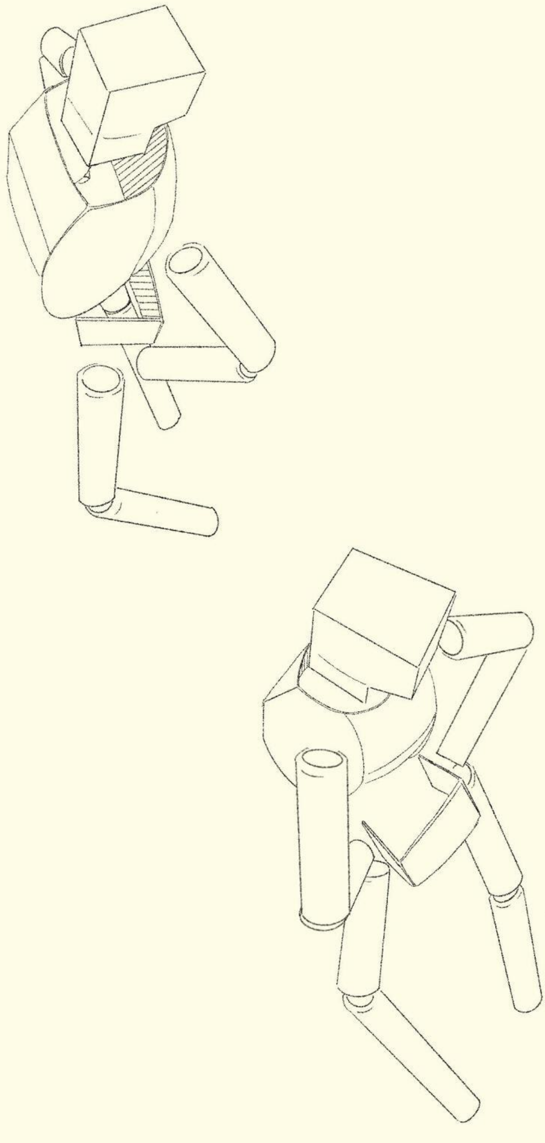


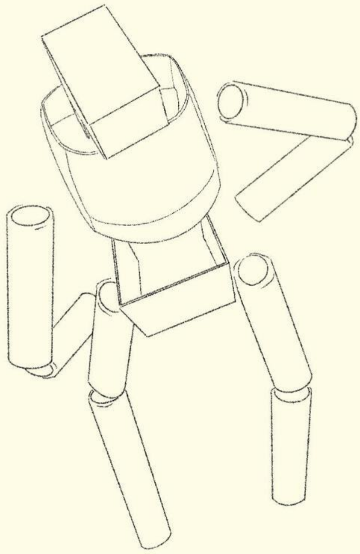


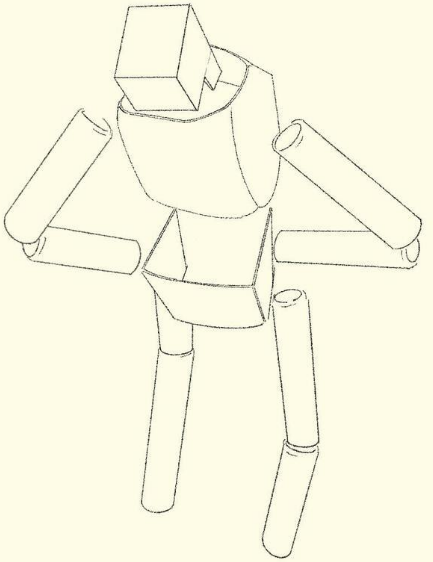


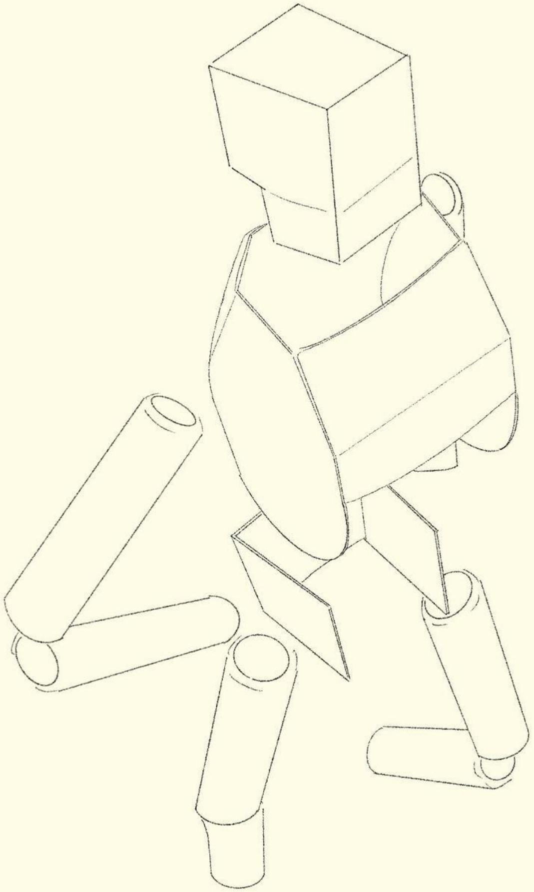


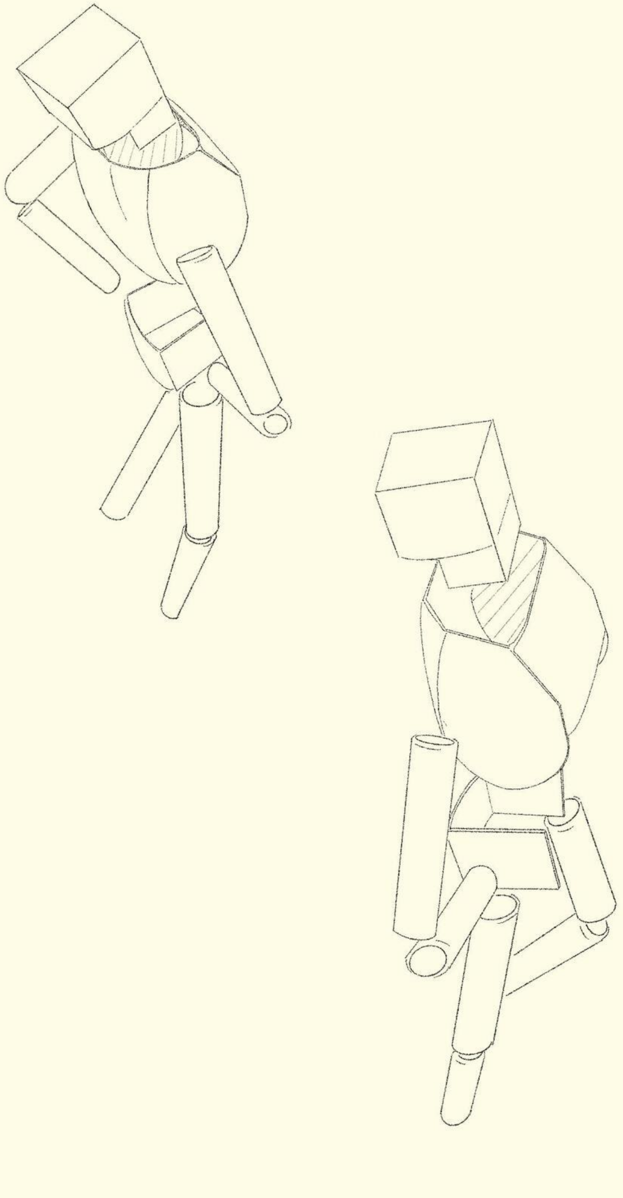





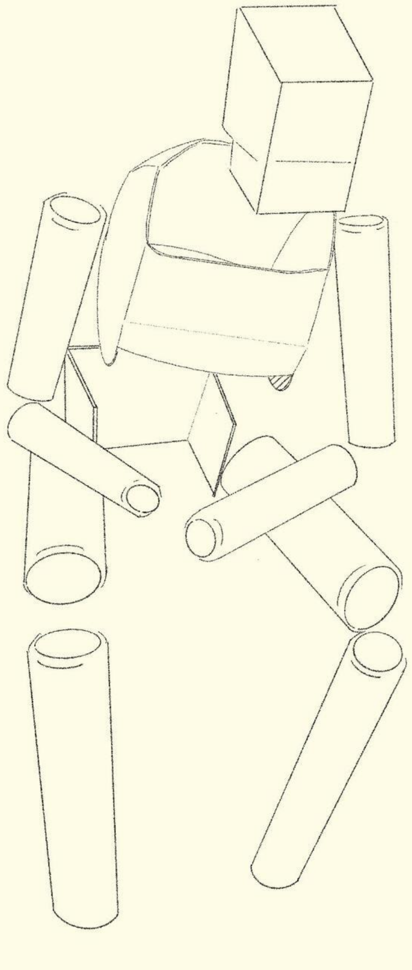


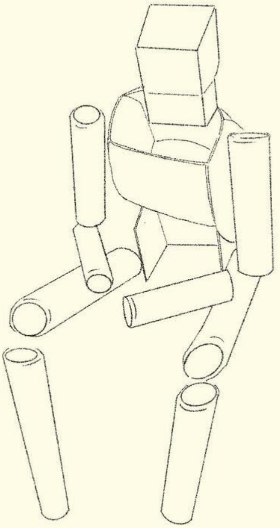


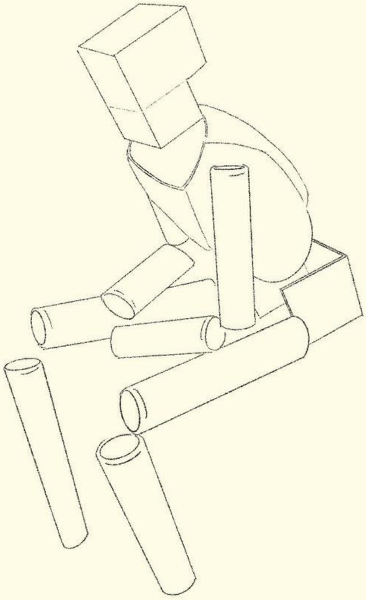


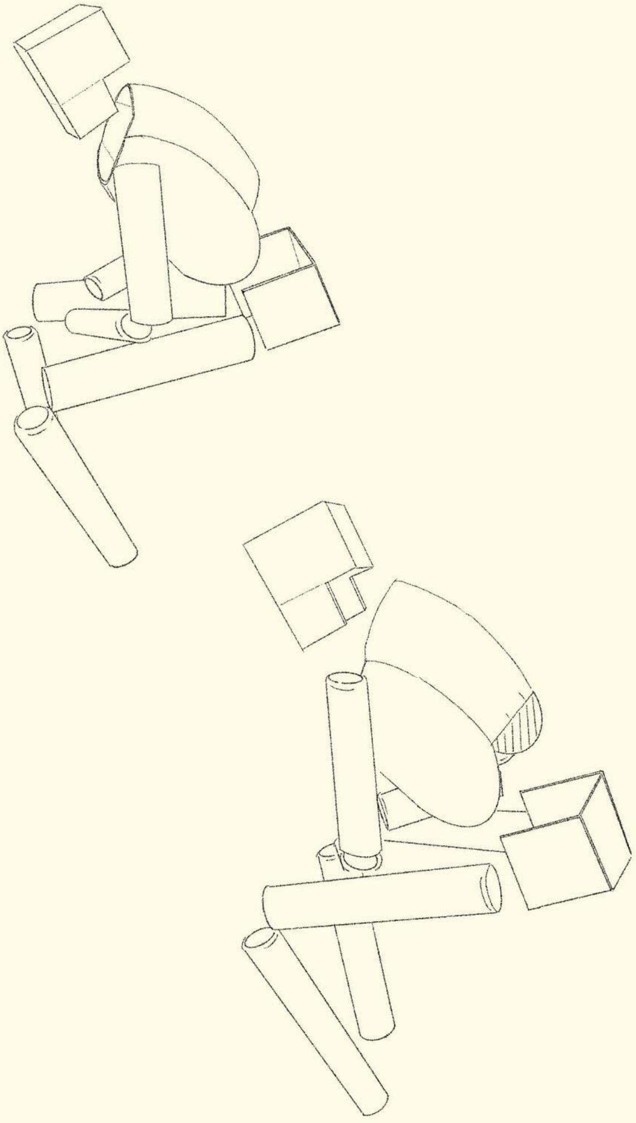


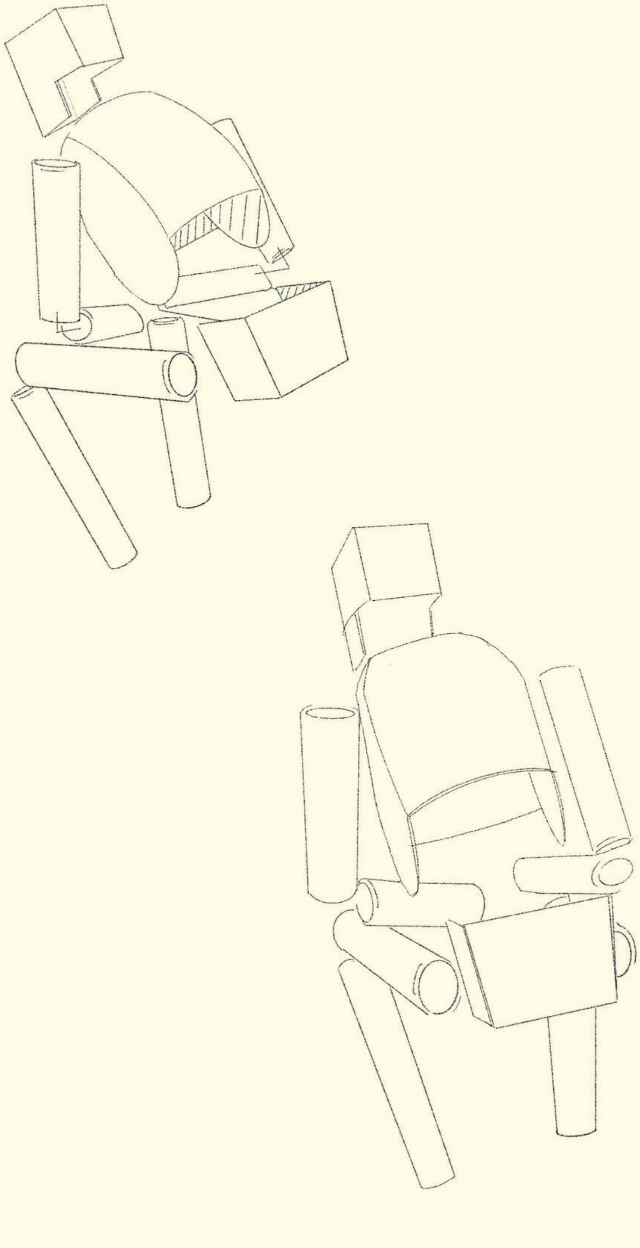
Pose 12

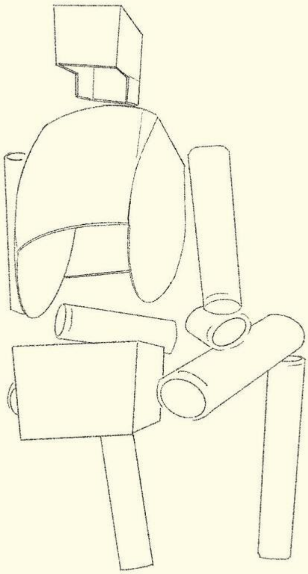


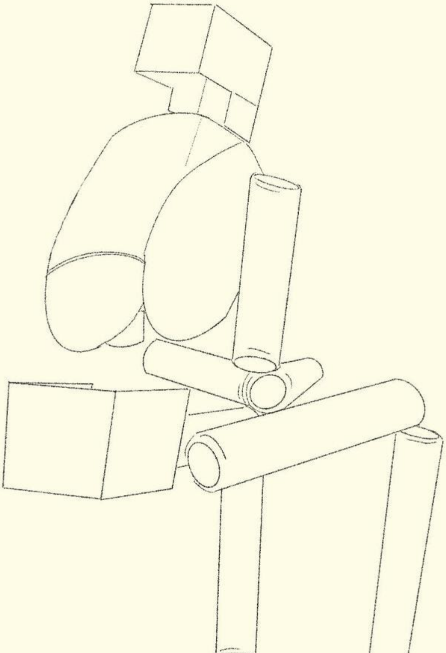


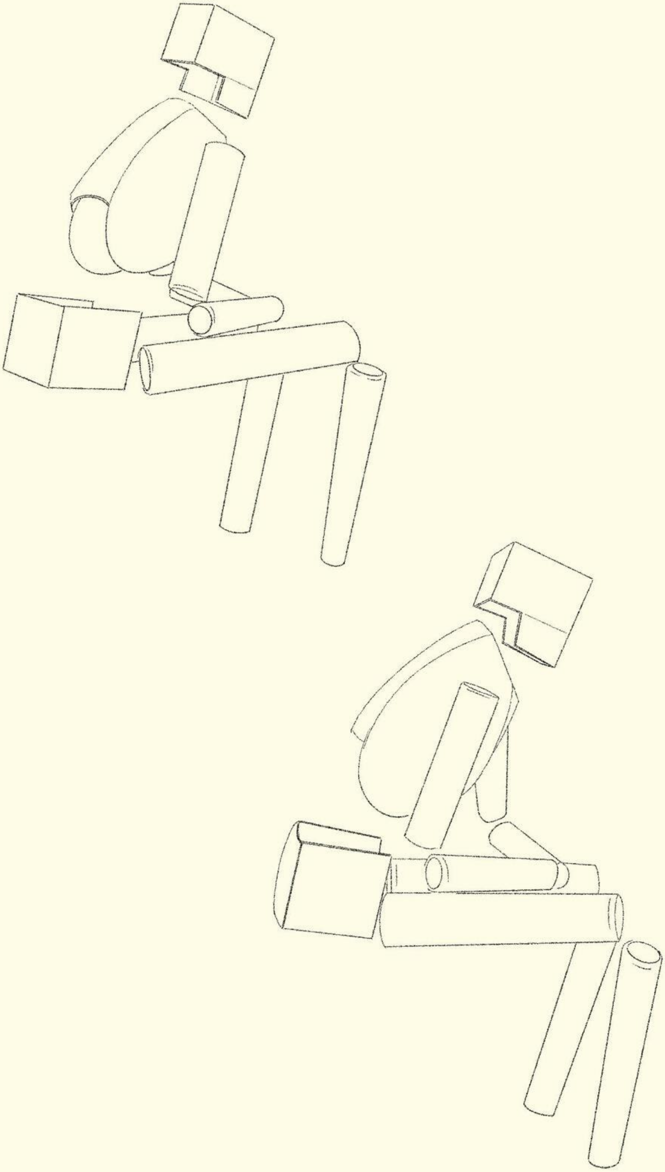


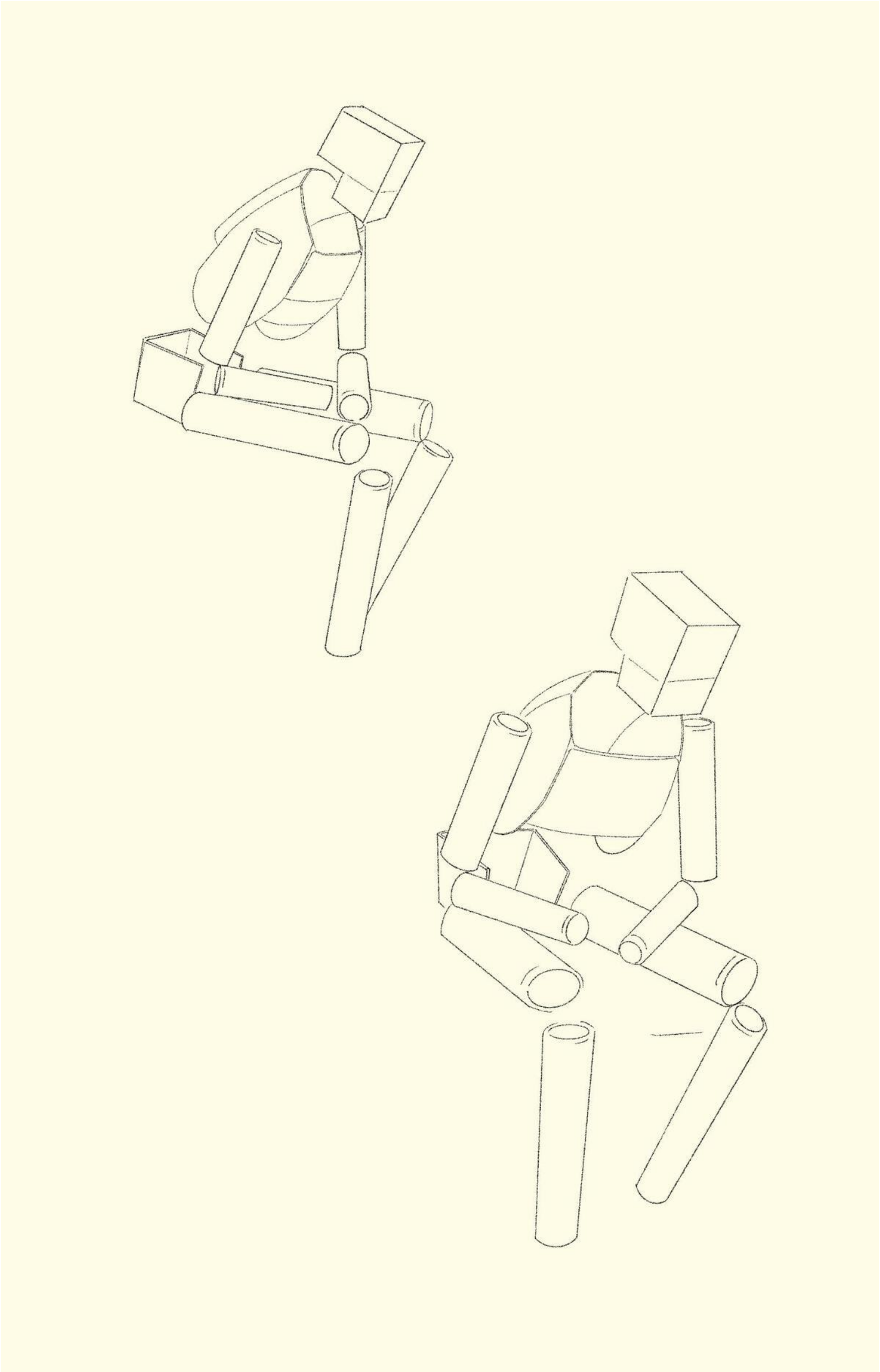


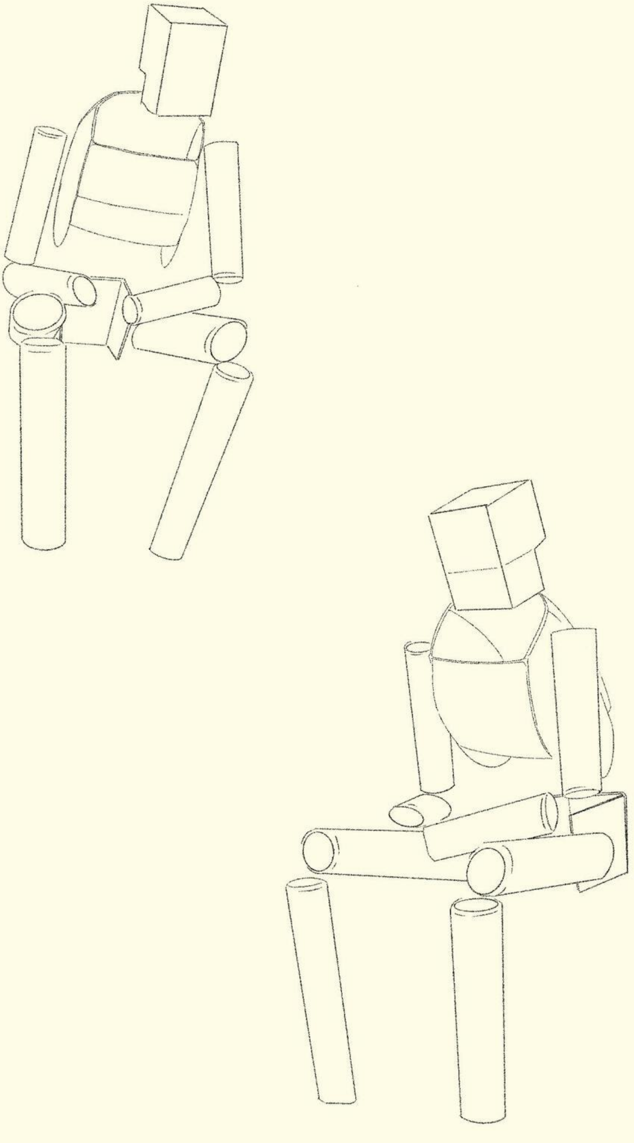


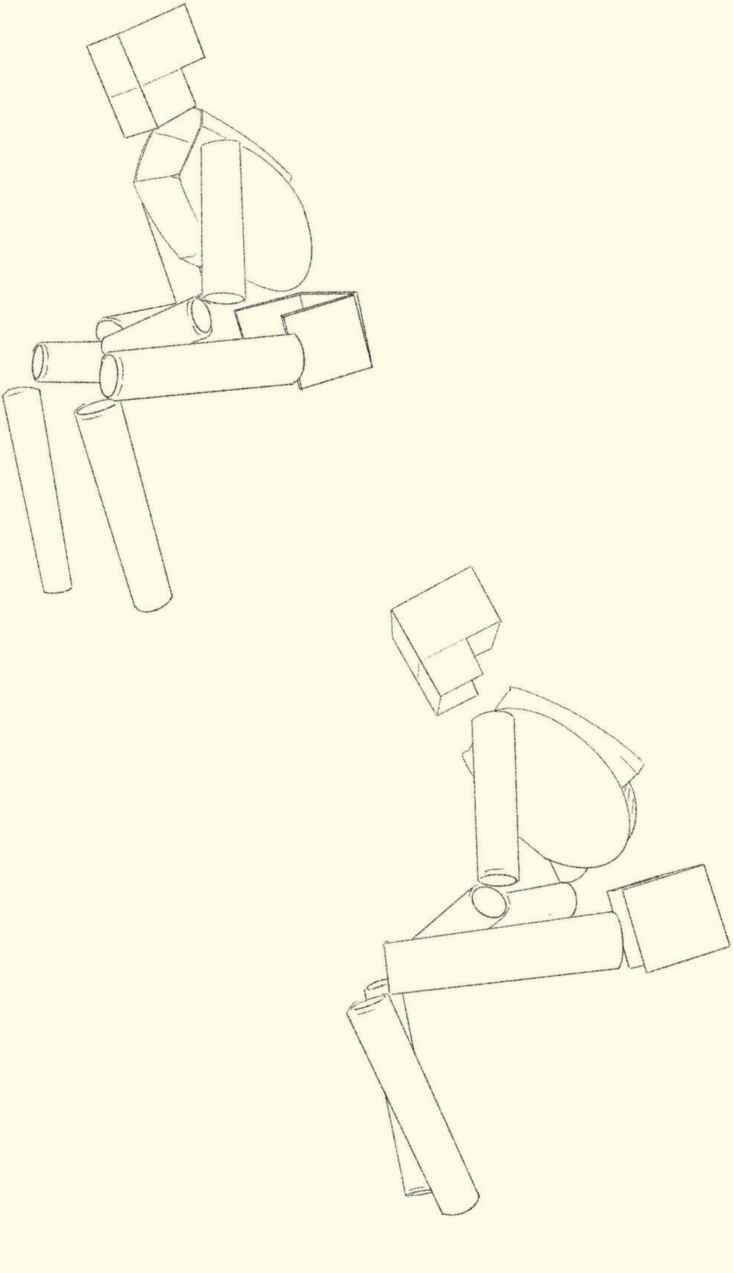


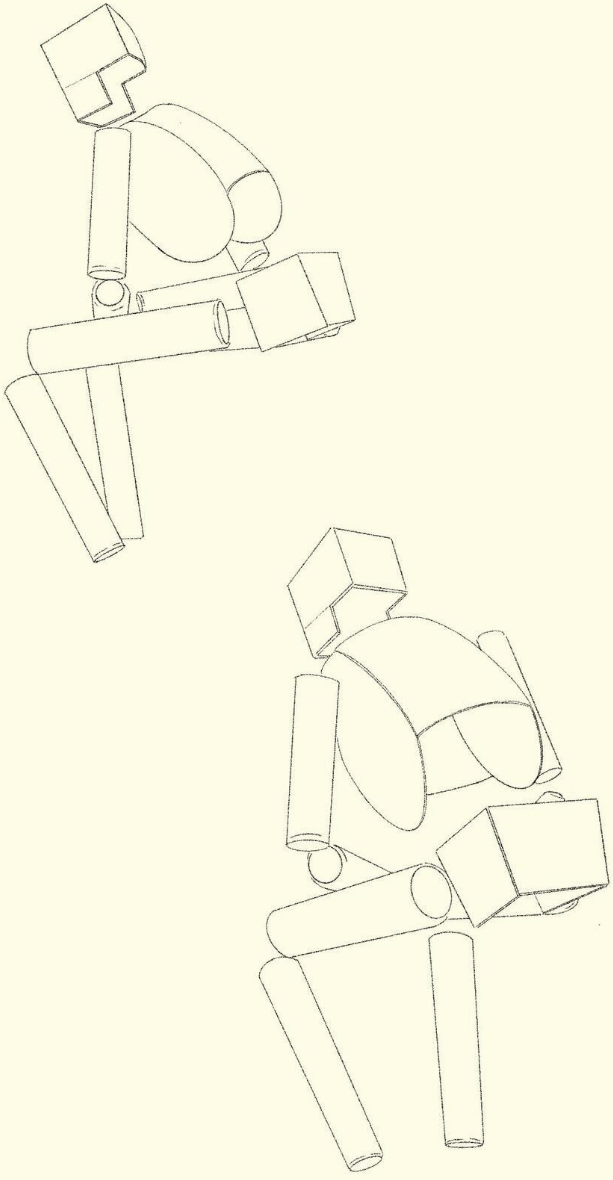


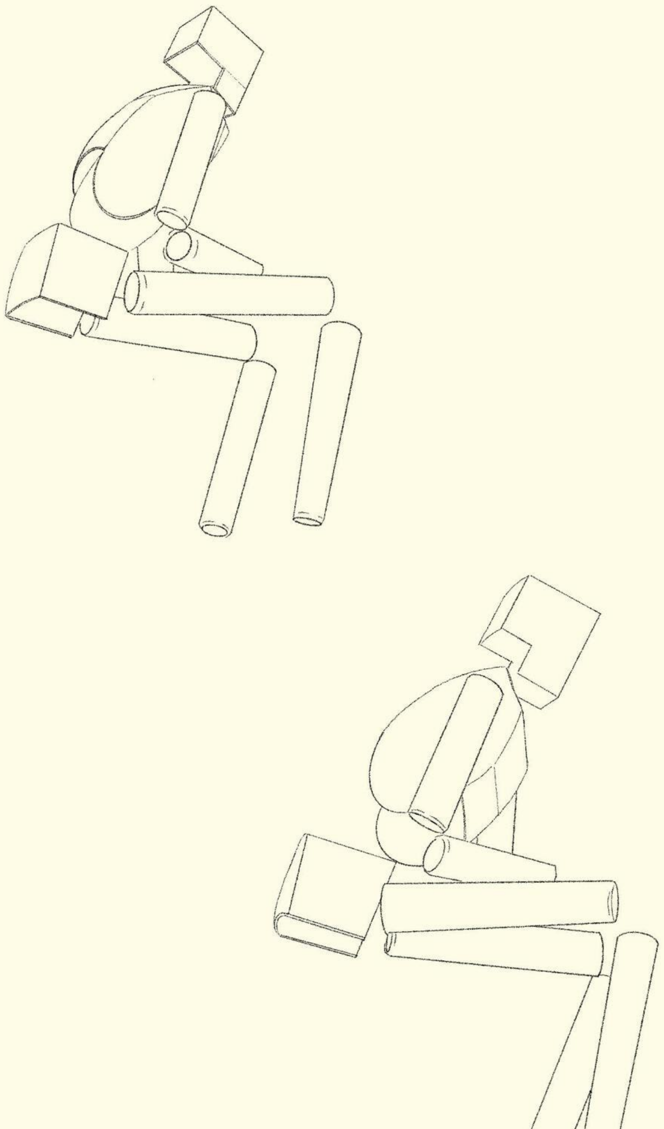


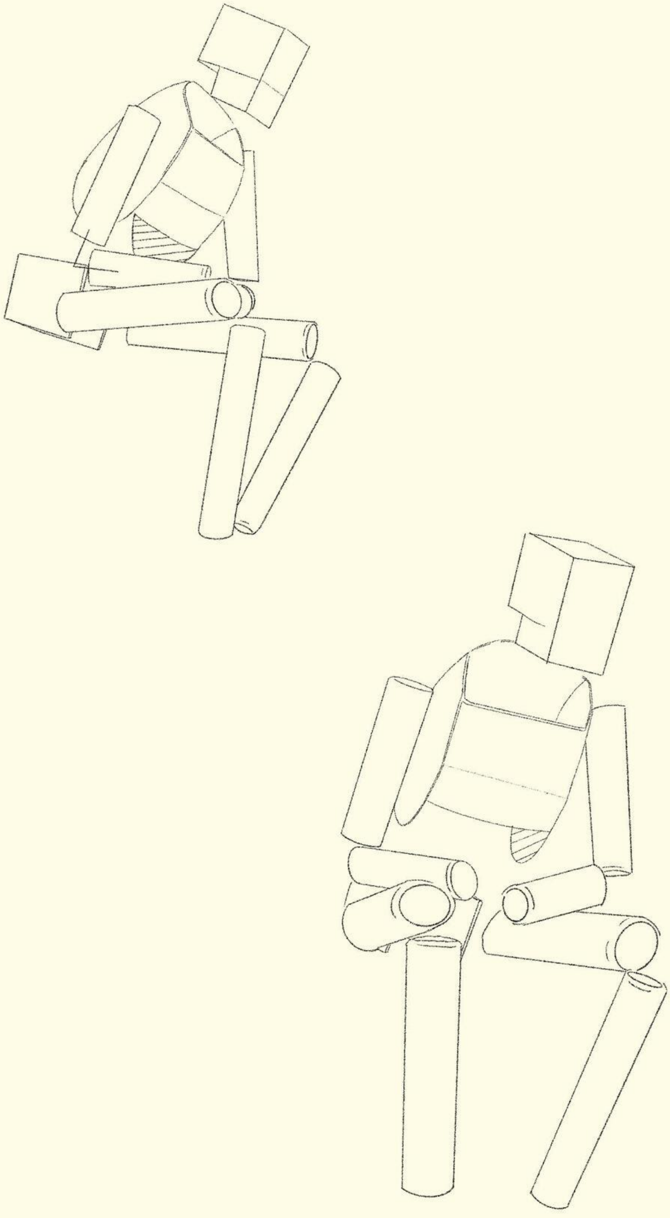


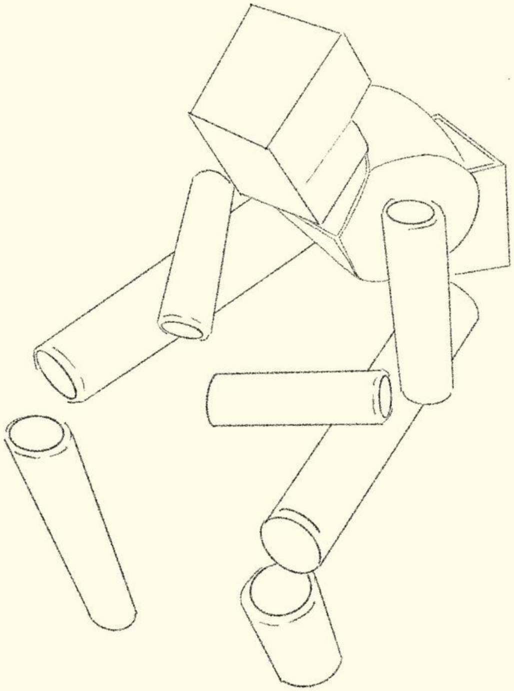


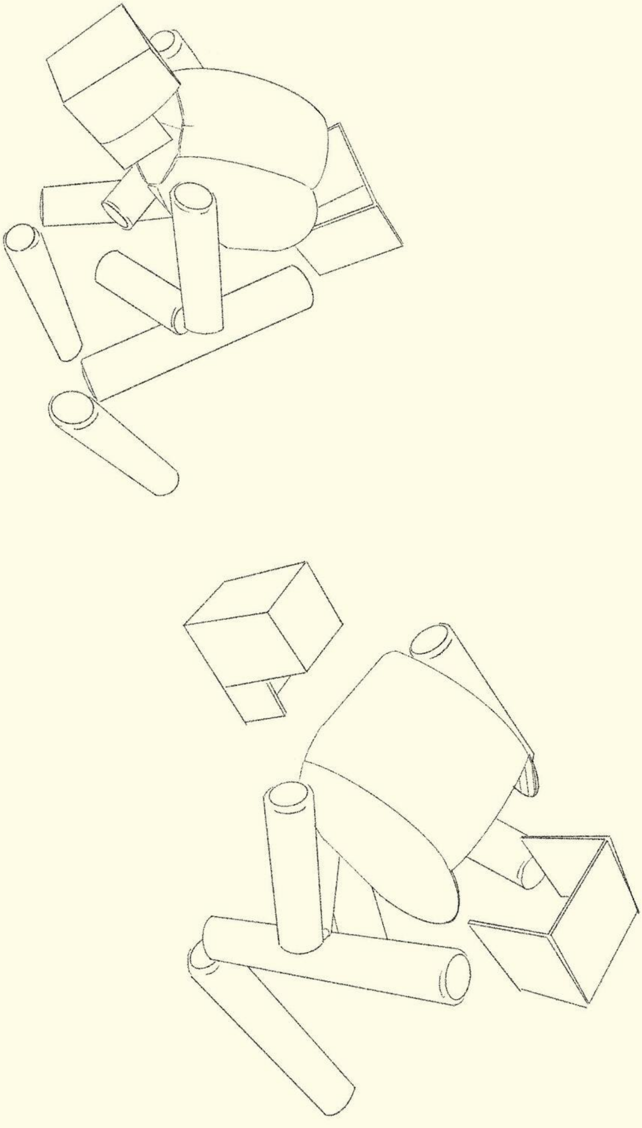


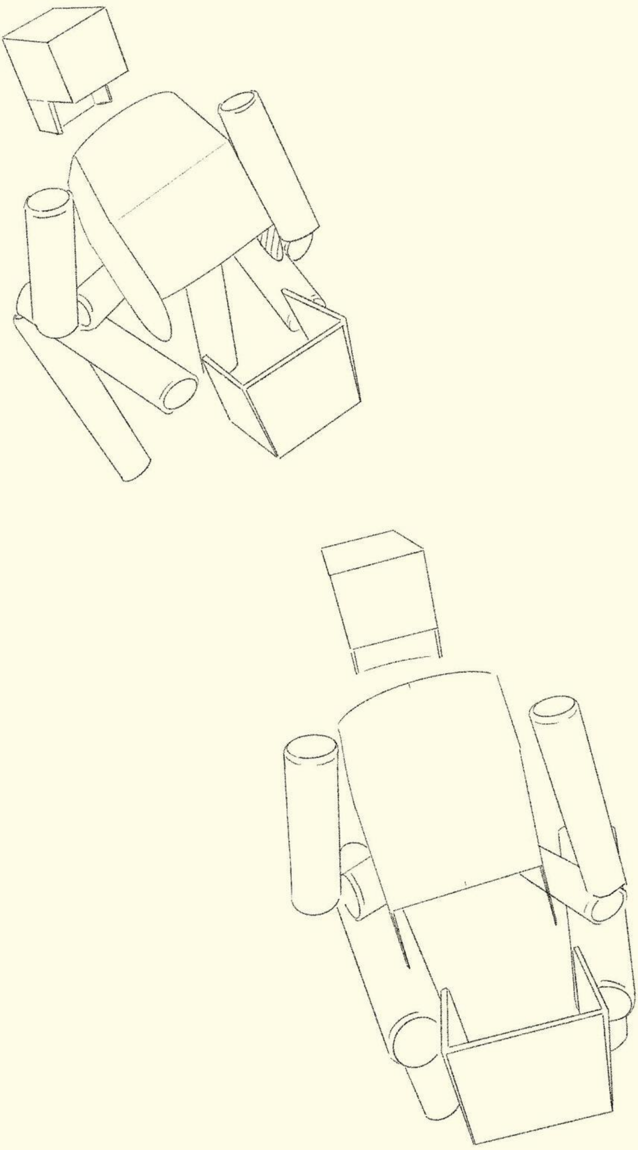


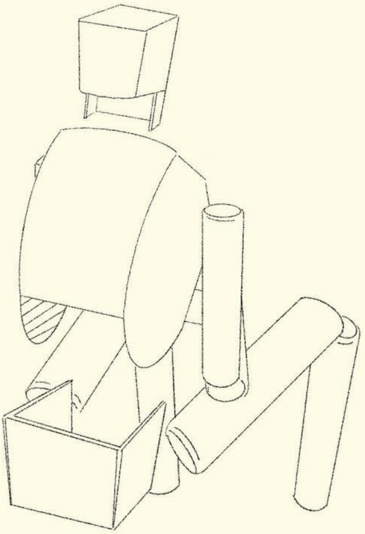


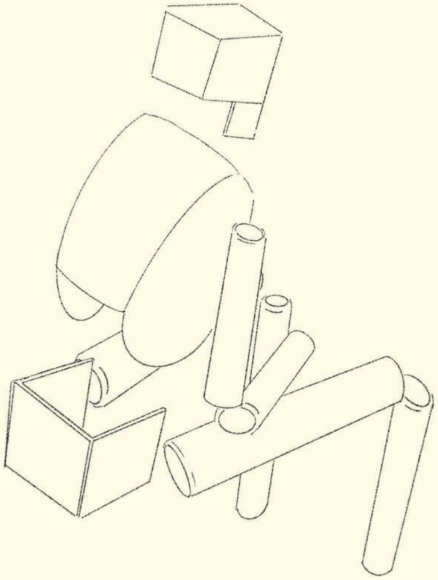


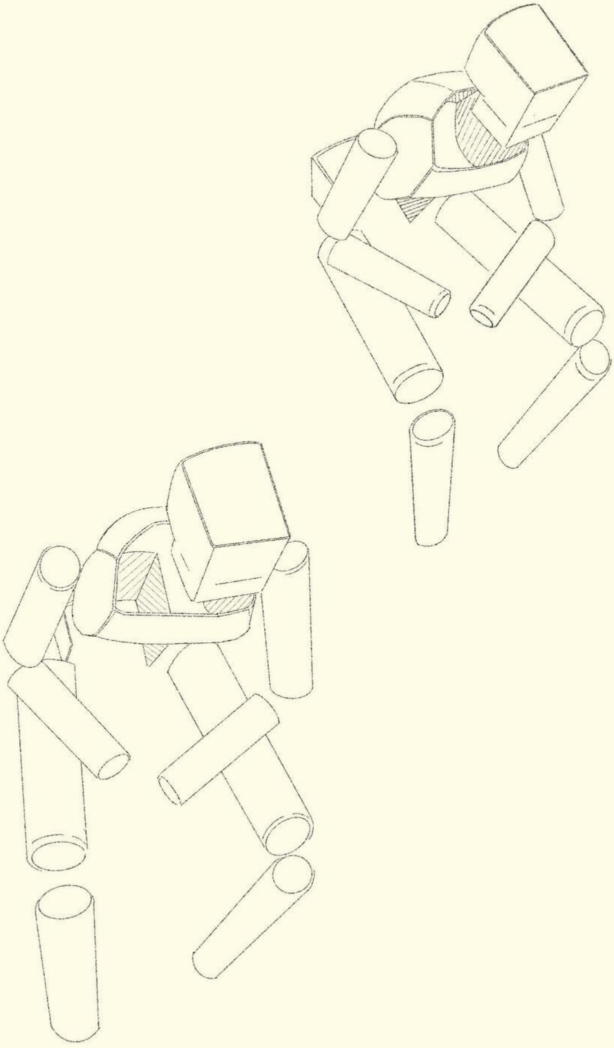


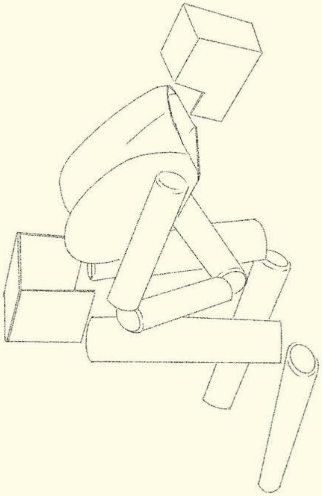


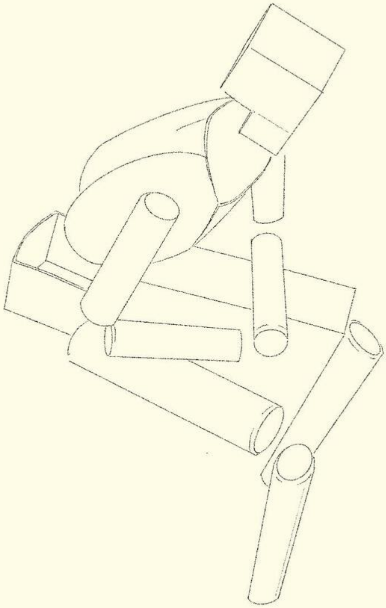












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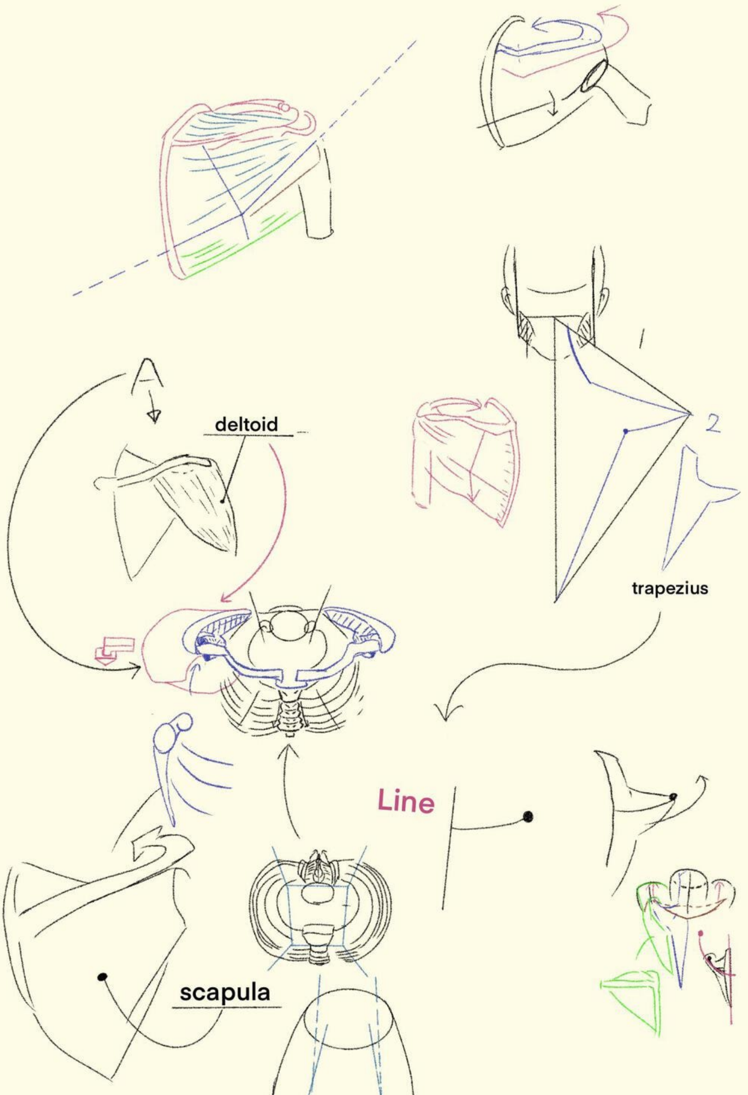

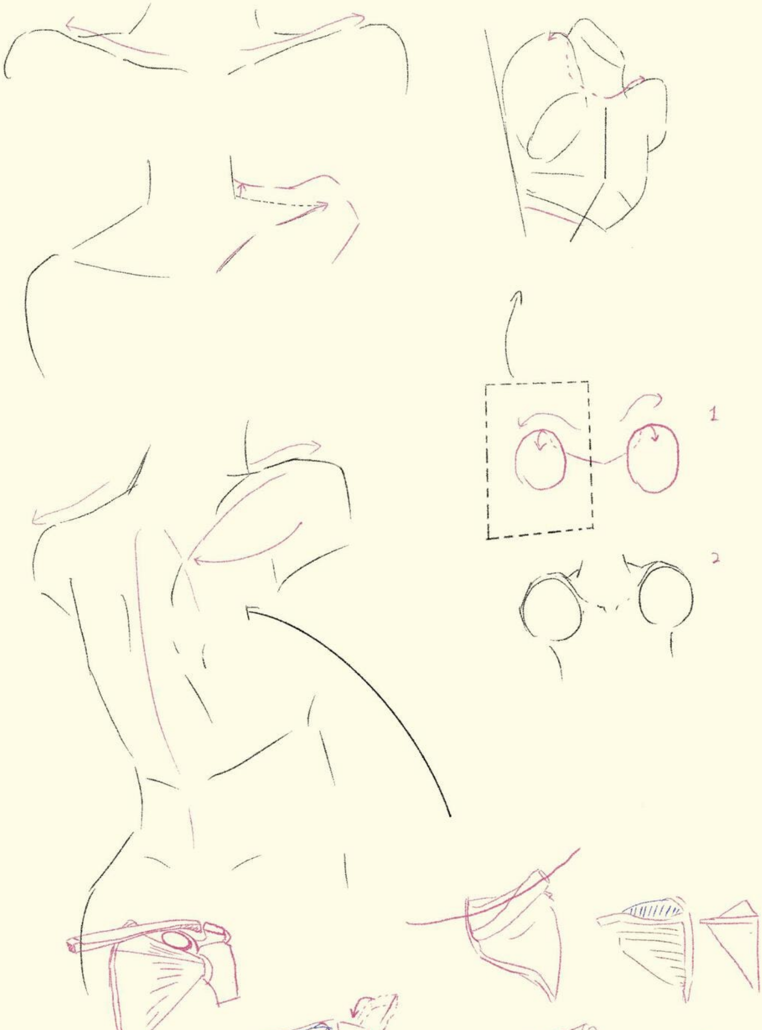

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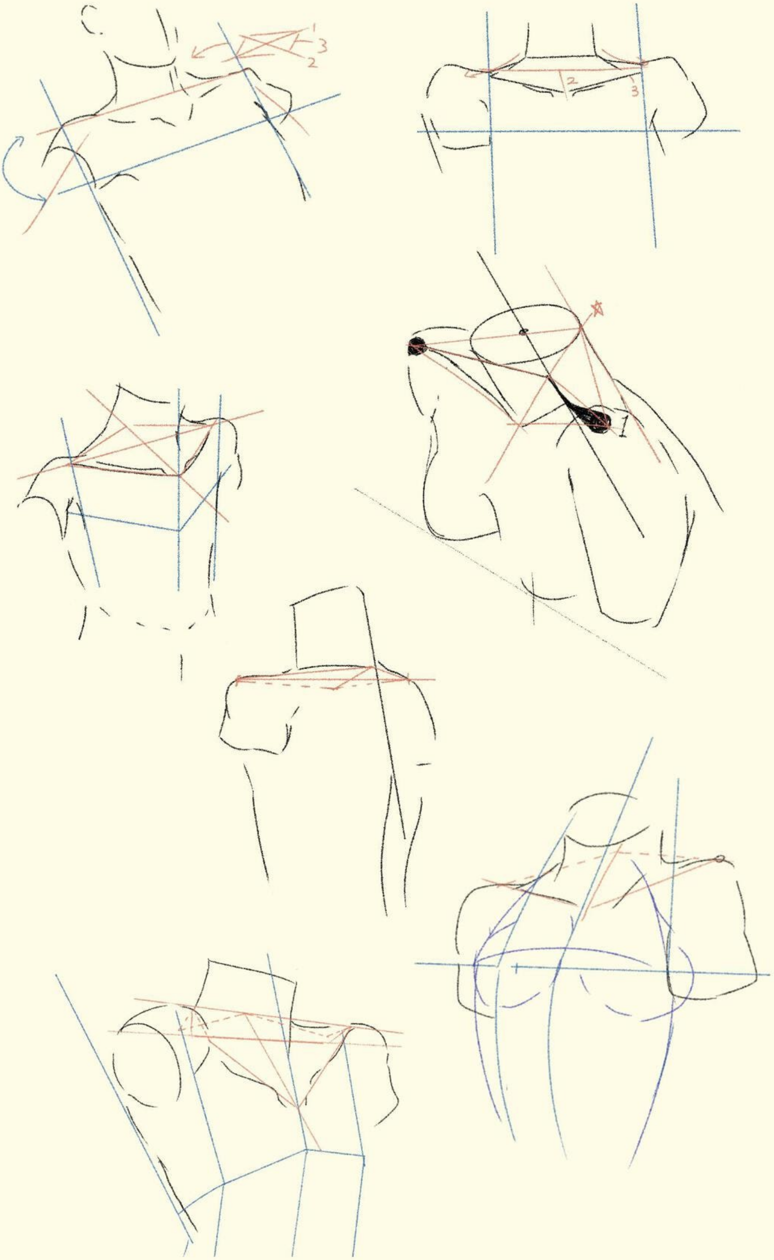
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3
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How to Draw POSES

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